



Free version: Low quality pictures

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1. 2016

1.1 February

The Storyteller (2016-02-15 08:22)



OK, so you think you're the storyteller. Telling the story of your life.

You claim to be the storyteller. That it's all up to you.

You were taught that you're the storyteller. That you have to do it right.

But if you're the storyteller.....

Why would you choose to do it wrong?

Why would you choose to feel sad?

Why would you choose to feel unfulfilled?

Why would you choose to get cancer or AIDS?

Why would you choose to get old and die?

Why would you choose to suffer?

You believe that these things mean you did it wrong, you're not good enough, you messed it up, it's your fault, you should have been better, you should have done more.

But what if all they mean, what if all they are pointing you towards is that you're not the storyteller?

What if it was never up to you?

What if Life just is as it is? Terrible and beautiful.

May you find peace there.



No matter how fucked up you think you are or you may seem to be.....

.....you are absolutely perfect.

You don't create the way you think and your thoughts, you don't create the way you feel and your feelings, you don't create the way you are, you don't create the impulses that make you do the things you do or don't do and you don't create the thoughts and judgements you have about all of these things.

What creates all of these things is what makes the insect crawl, what makes the bird fly, what makes the tree grow, what makes the sun shine, what creates this whole universe and everything in it.

You are that "ultimate creative universal energy" in action, expressing as what you call "me".

There is only "ultimate creative universal energy".

You are absolutely perfect just as you are.

If you realise this then things may not change, because there is no need for them to change, but you may find a new freedom.

A freedom from the need to be anything other than what you are right now.

You are divinely fucked up. You are absolutely perfect.

A Tail, but no Donkey (2016-02-16 09:38)



Pin the tail on the donkey.

You've been playing it your whole life.

But what you didn't realise is that there is no donkey, just a load of tails.

A tail is a characteristic, let's say "anxious" and the donkey is what you call "me".

Now first of all this "anxious" characteristic has been created. It's a creation of that "ultimate creative universal energy" just like a tree is or a bird, or our friend up there in the picture.

You did not create it and you are not responsible for it.

What happens though is that a mechanism running in your brain claims the label "anxious" and seemingly pins it onto "you".

The "anxious" tail is seemingly pinned on the donkey "you".

Now the mechanism in your brain uses the "anxious" label to define the "you" and you will think and feel "I am anxious, I am an anxious person".

The illusion is complete and the magician takes a bow.

But if you look at it carefully, you will be able to see through the illusion.

There will be a huge number of these tails seemingly pinned all over the donkey "you". They will be both positive and negative labels.

They are all used by the mechanism running in your brain to define and describe the donkey "you". They seemingly give it substance and make it appear to be real.

Now here's the trick.

The tails are all real and are labels and descriptions pointing to actual characteristics that are present in your body/mind system, but the donkey "you" is not anywhere to be found.

Take a look for yourself. Try and find the donkey.

Is it there?

Or do you just find a collection of tails, giving the appearance of a donkey?

I'm doing it! (2016-02-16 13:18)



Are you really?

Have a look at THIS

Saying it all (2016-02-17 09:19)

Paul Smit says it all in three of his fantastic animated clips.

Paul makes the subject of nonduality accessible to everyone in a modern way without any spiritual mumbo jumbo.

<http://www.paulsmit.one/>

[youtube <https://www.youtube.com/watch?v=A6iMWRVYCqo>]

[youtube <https://www.youtube.com/watch?v=uiNYg5thIMw>]

[youtube <https://www.youtube.com/watch?v=fMGXEIFRemc>]

Life is a Roller Coaster (2016-02-17 10:36)



Why Life is like a roller coaster:

- It's full of ups and downs.
- It's sometimes thrilling and sometimes scary.
- It's full of twists and turns.
- Once you're on, there's no getting off.
- You're not deciding which way it's heading.
- Sometimes it makes you sick.

Why Life is NOT like a roller coaster:

- On a roller coaster you don't get a fake plastic steering wheel that makes you feel like you're driving.



You might appear to be what the vast majority of people label "wrong".

You might appear to be what society labels as "defective" or "dangerous".

You might appear to be an obese, stinking, wretched, racist, antisocial, drug addicted, criminal, paedophile, murderer.

But what you really are is the "ultimate creative universal energy" expressing as whatever you appear to be.

Nobody is excluded from This. Nobody.

Everything in existence is that "ultimate creative universal energy".

There is only "ultimate creative universal energy".

It is the happy child on Christmas Day, loved, valued and accepted by wonderful parents.

It is the wonderful parents.

It is the dead child being sexually molested in a derelict building by a horrendous abomination of humanity.

It is the horrendous abomination of humanity.

It is all that is. It is everything that happens.

Nothing is excluded. Nothing.

A Love Letter (2016-02-17 15:13)



Hello my child.

I am here.

I love you.

I create you to be just the way you are.

You are perfect.

I create your every thought and feeling.

I am behind and within everything that you do.

Loving and supporting you unconditionally, always and forever.

I am here my child.

I am all that you are.

I love you.

We are one.

Your Next Thought (2016-02-18 08:02)



Just sit still and wait.

Wait.

Wait.

Wait for your next thought.

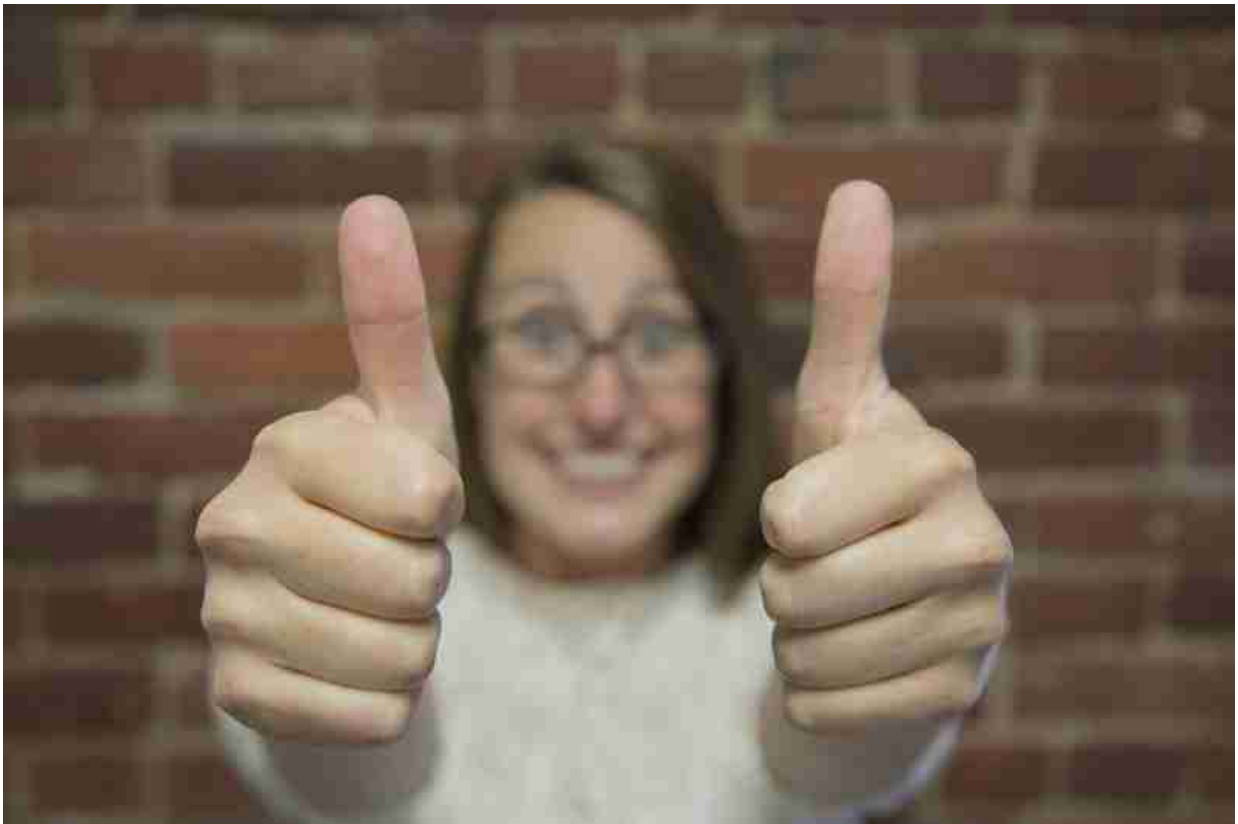
Wait.

Wait.

Now tell me, how did you create that?

Can you honestly say that it was your thought?

Already Accepted (2016-02-18 09:18)



You're already completely und totally accepted, just as you are.

There's no need to go looking for acceptance from other people, you'll never really find it anyway.

It will always be conditional.

There's no need to try accepting yourself, you'll never really manage it either.

It will always be conditional.

You've already been given the thumbs up though.

You've already got a stamp of approval.

You're receiving this acceptance and approval constantly and without end.

Everything that you are and everything that you do is 100 % approved.

You are always 100 % valid, exactly as you are.

You are a 100 % valid expression of the "ultimate creative universal energy".

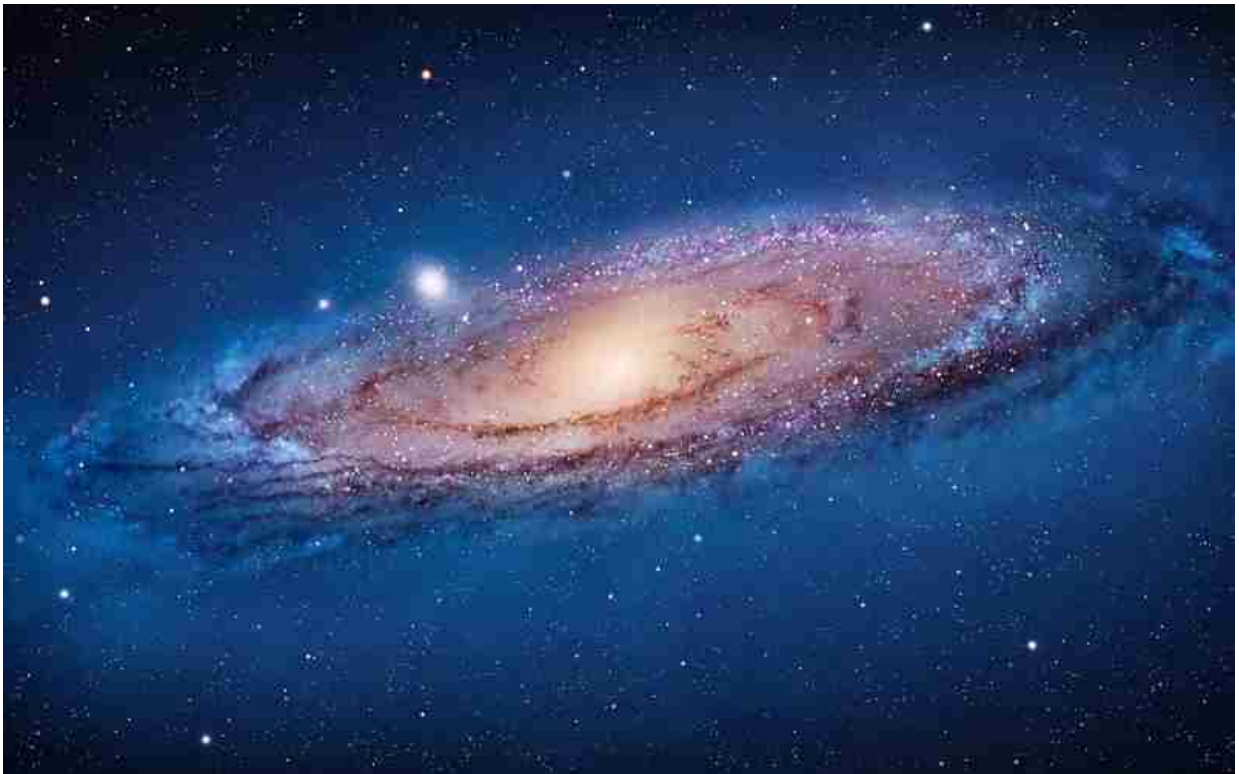
There is nothing else you could ever be.

There is only "ultimate creative universal energy".

This is the unconditional love that you seek.

And it is always right here.

This is my Soul (2016-02-18 19:00)



This is my Soul in the innermost heart, smaller than a grain of rice, a grain of barley or a grain of millet.

This is my Soul in the innermost heart, greater than the earth, greater than the aerial space, greater than these worlds.

This Soul, this Self of mine is that Brahman ("ultimate creative universal energy").

— Chandogya Upanishad 3.14.3 - 3.14.4 600 BC



"ultimate creative universal energy" is all there is.

This is nonduality.

This is all you need to know.

Pointing Your Finger (2016-02-19 07:30)



You can't point your finger at It,

but everything that you point at is It.

Including your finger.

My Face (2016-02-20 06:02)



Every face you see, is my face.

Every voice you hear, is my voice.

I Am (2016-02-20 06:22)



I am.

I am a computer screen..... I am "ultimate creative universal energy".

I am a glass of water..... I am "ultimate creative universal energy".

I am a pet cat..... I am "ultimate creative universal energy".

I am a half eaten sandwich..... I am "ultimate creative universal energy".

I am a headache..... I am "ultimate creative universal energy".

I am a crying woman..... I am "ultimate creative universal energy".

I am a laughing baby..... I am "ultimate creative universal energy".

I am the many. I am the one.

I am all that is.

I am.

My Name Is (2016-02-21 09:50)



My name is Michael and Ronald and Bill.

Emma and Sandy and Sarah and Jill.

Monkey and Music and Mountain and Mire.

Fury and Flower and Feather and Fire.

What Is (2016-02-21 10:25)



What is, is constantly changing.

But cannot be changed.

You are not the Doer (2016-02-21 12:17)



You don't do anything.

You never did anything.

Because you don't really exist.

There is only "ultimate creative universal energy".

Things happen.

Lots will be done.



"ultimate creative universal energy" is all there is.

"ultimate creative universal energy" is everything that exists and everything that happens.

Everything happens spontaneously and automatically.

Everything.

Everything (2016-02-22 08:29)



You cannot see It.

But you are looking right at It.

It is everything you see.

It is "ultimate creative universal energy".



It's a ridiculous assumption that's been made.

That you could be doing something as complex as running your life.



Phenomena, forms. Fizz, crackle and pop in and out of existence like waves on the "Ocean of Being".

The "Ocean of Being", "ultimate creative universal energy".

"ultimate creative universal energy" is all there is.

Phenomena, forms. Fizz, crackle and pop into existence.

Coming out of "ultimate creative universal energy".

Into "ultimate creative universal energy".

In "ultimate creative universal energy".

As "ultimate creative universal energy".

There is only "ultimate creative universal energy".

Phenomena, forms. Dance for a while like the spray on the waves of the "Ocean of Being".

In "ultimate creative universal energy".

As "ultimate creative universal energy".

There is only "ultimate creative universal energy".

Phenomena, forms. Fizz, crackle and pop out of existence.

Back to the home that they never even left.

Falling back into "ultimate creative universal energy".

Out of "ultimate creative universal energy".

In "ultimate creative universal energy".

As "ultimate creative universal energy".

All there is, is "ultimate creative universal energy".

The "Ocean of Being" rolls on.

What Should I Do? (2016-02-23 10:28)



Do whatever you're doing right now.

Think whatever you're thinking right now.

Feel whatever you're feeling right now.

Be whatever you are right now.

Know that you are not the doer.

"ultimate creative universal energy" does everything.

All there is, is "ultimate creative universal energy".

An Amazing Display (2016-02-23 14:59)



What an amazing display of intricate beauty all of this is.

From the tiniest detail, to the largest structure.

Bursting with intelligence and creativity.

Nothing out of place.

Everything happening spontaneously and automatically.

Purest perfection.

All there is, is "ultimate creative universal energy".

Coming Home (2016-02-24 05:57)



It is always right here.

Right here.

It is this. Exactly as it is.

Exactly as it is.

There's no need to come home, because you never even left.

Never, ever.

You have always been home.

You are home.

You will never leave home.

Never, ever.

All there is, is "ultimate creative universal energy".

All there is, is "This".

In This, As This (2016-02-24 07:59)



Everything arises from "This", into "This", in "This", as "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

All there is, is "This".



It's an impossible task to really name "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

It is absolutely impossible.

How do you catch a river in a bucket?

I Watched it Snow Today (2016-02-25 09:36)



I watched it snow today.

Snowflakes landing on the wooden deck and melting away.

What a wonderful illusion they are.

The snow and me.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".



You will never understand what it is.

You can't understand.

It isn't possible.

You never needed to understand.

Because it's all taken care of.

Everything is simply happening.

All by itself.

Everything is just as it is.

Just as it is.

Perfect.

This is the ultimate power of all that is.

This is what you are.

This is home.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

A Special Note of Thanks (2016-02-25 13:30)



Darryl Bailey for his clarity.

<http://darrylbailey.net/>



All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

It's All Just Happening (2016-02-27 05:55)



It's all just happening by itself.

Without anybody doing it.

All of it.

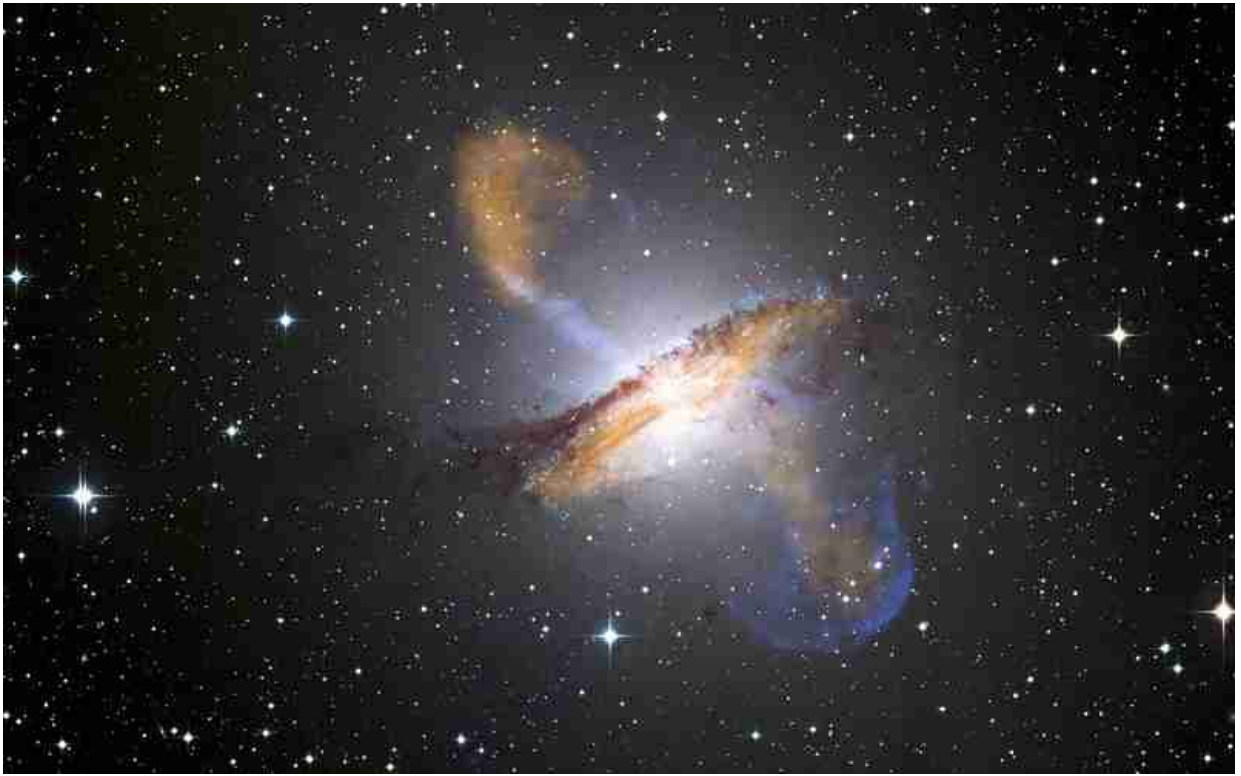
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All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".



Everything that exists, exists because of "This".

Everything that exists is "This".

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".



You thought this house was your house.

You thought you had it all figured out.

You thought you had everything under control.

The best security system.

Alarms, lasers, security cameras, the works.

Four locks on the door.

But this morning.

You found God.

In your kitchen.

Making pancakes.

And he didn't even knock.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

The Artist (2016-02-27 10:27)



"The Artist" is all of its creations.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

What's Right? (2016-02-28 07:08)



What IS, is what's "right".

Whatever that might be.

All is well.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

The Sky of Experience (2016-02-29 06:53)



This experience of life is like the sky.

It's always moving and flowing.

It's always changing.

Sometimes it's vibrant and full of colours.

Sometimes it's grey and dull.

Sometimes it's bright and crystal clear.

Sometimes it's full of mist and clouds.

Sometimes it's calm and light.

Sometimes it's a raging violent storm.

All of it just happening by itself.

Always moving and flowing.

Always changing.

Without anybody doing it.

When you look into it deeply.

You're looking into infinity.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Gratitude (2016-02-29 07:04)



Thank you for all that you give to me.

Thank you.

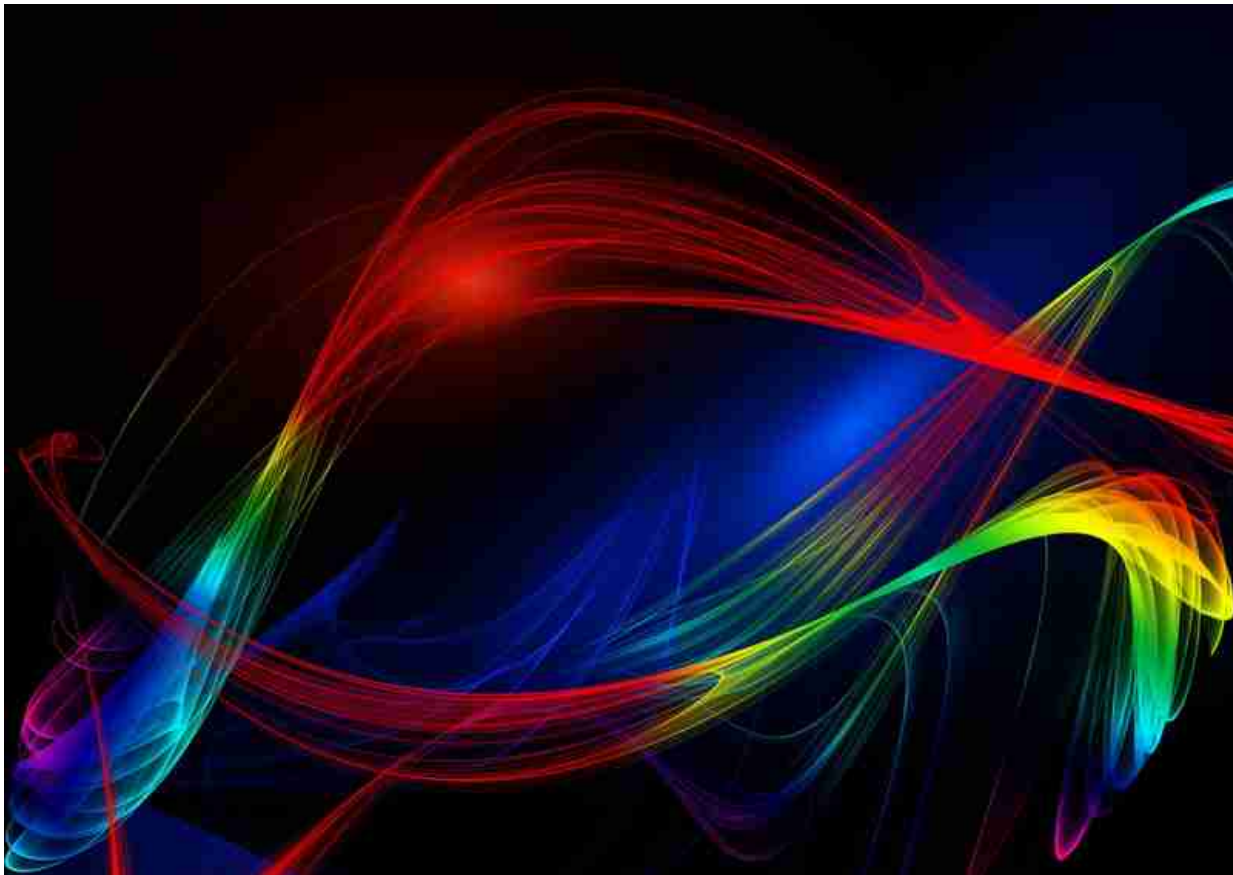
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All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".



It's all "just" energy dancing.

Seemingly divided up into different "things" by processes in the brain.

Given different names and labels by processes in the brain.

The brain is also one of these named "things".

It's all "just" energy dancing.

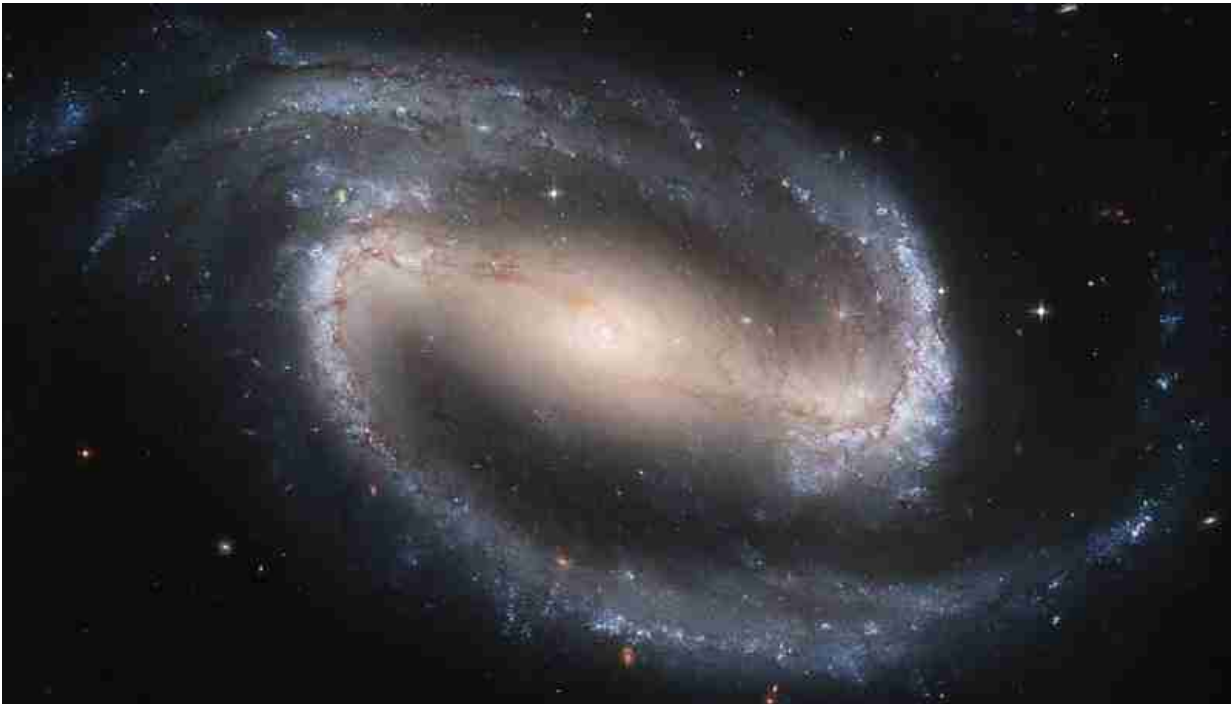
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All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".



That which is the motion of the planets.

Is that which is the motion of "your life".

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

A Single Sound (2016-02-29 15:23)



A single sound.

Resonating through the whole of existence.

Out into eternity.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

1.2 March

This Darkness (2016-03-01 05:31)



This pain of feeling separate.

This pain of feeling alone.

This pain of feeling disconnected.

This absolute feeling of loss.

This pain of feeling in control.

This pain of feeling responsible.

This pain of feeling abandoned.

This absolute feeling of grief.

This pain of feeling rejected.

This pain of feeling lost.

This pain of feeling like you don't belong.

This absolute feeling of sadness.

This darkness.

This suffering.

Is "This" too.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".



You are not a person suffering.

This is the truth.

It feels like that.

My God, it really feels like that.

It looks like that.

My God, it really looks like that.

But it's just not true.

You are the one "energy".

Being and doing a person suffering.

You are the one "energy".

That is and does everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".



This is one "energy".

Doing everything.

Being everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".



This is infinitely intimate.

It's right here.

It's millions of miles away in the cosmos.

It's your "This" happening right now.

It's my "This" happening right now.

It's everyone's "This" happening right now.

It's your next thought.

It's a solar flare.

It's that tickling up your nose.

It's a flurry of snow on the peak of Mount Everest.

It's you.

It's everything.

This is infinitely intimate.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".



How could you be a wrong expression,
of that which is and does the entire universe?

There are no mistakes.

None.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Just Be (2016-03-01 09:12)



Just be still in this "energy".

As this "energy".

And watch everything happen.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Right Here, Right Now, Always and Everywhere (2016-03-02 08:54)



All there is, is this "dynamic happening".

This "dance of energy".

It's happening all by itself without anybody doing it.

All of the somebodies are just expressions of this "dance of energy".

Everything is an expression in, of and as this "dynamic happening".

There is only this "dynamic happening" happening right now, right here, everywhere.

It's constantly flowing and changing and morphing.

It includes everything in all variations.

Good and bad.

Pleasure and pain.

Peace and suffering.

And everything else in between.



Anything can be presented, anything can happen and it's always changing to the next presentation.

You can't understand what this happening really is, why it's doing what it's doing or what it's going to do next.

You don't control or command what, how or when it expresses or presents what it presents.



It just expresses.

It just happens.

And you can't change it.

You are an expression, a presentation, of it.

You can seemingly change your shoes, but you can't change what or how or the way it's expressing.

That would simply be it, expressing you changing your shoes.

You have no individual personal power to do anything.

The only power belongs to this "dance of energy".

This "dance of energy" IS absolute power.



Suffering arises in this "dynamic happening" when any kind of argument with what is arises.

Any kind of argument with what's being expressed.

Any kind of argument with what's happening.

When an expectation arises about how it should be expressing, what it should be presenting or when, then suffering arises.

Wanting to make it present in a certain way will never work, ever.

When a belief arises that that's possible in any way, then suffering arises.

When an attempt to make it do that in any way arises, then suffering arises.



It is simply what it is, always.

Simply what's happening right now, always.

It's always expressing with absolute precision, creativity and intelligence.

Everything happening at exactly the right moment.

Everything happening perfectly, however it appears to be.

Some things you will like and some things you won't.

But it's all perfect.



It can only ever be, whatever is being presented right now.

Just this one "dance of energy" happening all by itself, without anybody doing it.

Constantly changing, but cannot be changed.

Any argument with what's happening right now, any expectation about what it should

be, is suffering.

There can be a strong dislike of the presentation, there can be resistance to the

presentation, but as soon as "this should not be" arises, suffering arises.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.





It's always simply "This" that's happening right now.

All by itself, without anybody doing it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

Wild and Free (2016-03-03 11:28)



It's just this moment.

This "dynamic happening" that's happening right now.

Without anybody doing it.

Completely wild and free.

Perfectly out of anyone's control.

Happening all by itself with absolute precision.

Exactly as it needs to be.

It can never be tamed.

You will never tie it down.

You will never control it.

You will never determine what it presents.

Because you are part of it.

Because you are it.

This "dynamic happening" that's happening right now.

Without anybody doing it.

Completely wild and free.

Perfectly out of anyone's control.

Happening all by itself with absolute precision.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.



All there is, is "This".

This "moment".

This ever changing "dynamic happening".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening all by itself.

Effortlessly.

Automatically.

Perfectly.

Without anybody doing any of it.

Without anybody controlling or influencing any of it.

Happening right here, right now, always and everywhere.

"This" is all there is.

"This" alone.

Just "This".

"This".

" ".



It controls and commands every single aspect of your life.

Every single aspect.

The joy and the sorrow.

The clarity and the confusion.

The pleasure and the pain.

The peace and the suffering.

It's all out of your hands.

But no need to worry.

It's always changing.

And it's completely under control.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".



It's as if you're being taken along by a mighty river that's incredibly powerful and simply takes you wherever it takes you. You believe that you can get somewhere though and so you're swimming and swimming, struggling and struggling, trying everything possible to get where you think you should be. All the while the river simply takes you wherever it takes you. Then suddenly you realise that all this swimming is hopeless. You realise that you'll never be able to get where you think you should be. You realise that the river simply does whatever it does and takes you wherever it takes you. It feels hopeless for a while. You're stuck in it. You can't get out of it. Your head is under water half the time and you're coughing and choking. You're suffering and you can't get out of it. Now it feels really hopeless. But then you realise that you can't get out of it, but it's always changing. Your head's not under water all of the time. Sometimes it's quite pleasant and relaxing, just floating along. The scenery is always changing. Sometimes you float along through a harsh barren wasteland, but sometimes through beautiful countryside. And it's always changing. It's comfort and discomfort. It's pleasure and pain. It's good and bad. You can't get out of it, but it never stays the same. And then you realise that the river is carrying you along, that the river has always been doing everything. And then maybe you can relax and let it simply take you wherever it takes you.

The river is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.



It's all out of your hands.

All of it.

Everything takes care of itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.



All there is, is "This".

Happening all by itself without anybody doing any of it.

Suffering arises in "This".

All by itself without anybody doing it.

Suffering arises because a thought or belief arises.

All by itself without anybody doing it.

A thought or belief that says "this should not be".

Arising all by itself without anybody doing it.

You are not responsible for your suffering.

You are not responsible for anything.

Nothing at all.

Things are always changing.

Everything takes care of itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

Including You (2016-03-06 09:22)



This "ultimate creative universal energy".

Creates everything that is.

It is everything that is.

Including you.

You are this "ultimate creative universal energy".

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

This Infinite Happening (2016-03-07 10:47)



It's just this infinite happening.

That's happening right now.

All by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

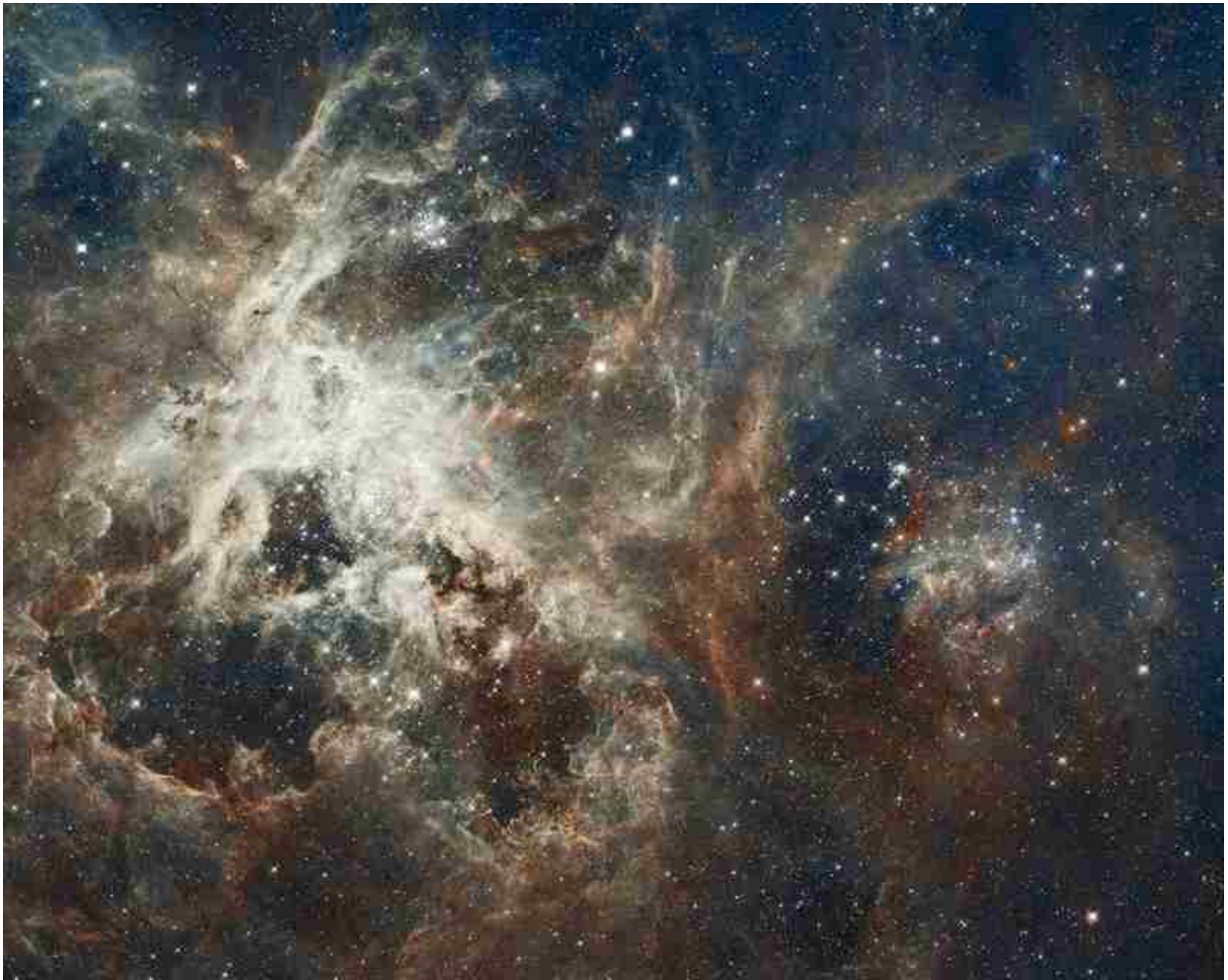
This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

What is it? (2016-03-07 13:19)



What is it that makes your existence possible?

What is it that makes the existence of anything possible?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

Good and Bad (2016-03-07 15:13)



"This" is both good and bad.

One moment it's good.

One moment it's bad.

One moment it's pleasure.

One moment it's pain.

One moment it's happy.

One moment it's sad.

One moment it's comfort.

One moment it's discomfort.

Suffering arises when the thought or belief arises "this should not be".

All of these things arise all by themselves.

Without anybody doing any of it.

What is happening right now is all that can be happening.

Things are always changing.

Everything takes care of itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

This "good and bad".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

Fundamentally OK (2016-03-08 09:10)



All there is, is this "expression of one energy".

This "dynamic happening" that's happening right now.

That includes everything in all variations.

That's happening all by itself.

Without anybody doing any of it.

Everything is fundamentally OK.

Exactly as it is.

Everything is this "one energy".

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.



It doesn't matter how shaky your house appears to be.

It's built on a foundation that's solid as a rock.

You are "ultimate creative universal energy".

You are perfect.

Just as you are.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.



"This" that is me.

Is.

"This" that is you.

Is.

"This" that is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.



It's just this that's happening right now.

Just this one INFINITE HAPPENING.

Happening right here and everywhere else at the same time.

RIGHT NOW.

It includes EVERYTHING.

It's both POSITIVE and NEGATIVE.

It's both PEACE and SUFFERING.

And everything in between.

Nothing is excluded.

Anything can happen.

It's constantly CHANGING.

It's happening all by itself.

AUTOMATICALLY.

Without anybody doing any of it.

THIS is what you are.



Sometimes "This" does unspeakably terrible things.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

An Expression of this Energy (2016-03-08 17:15)



You are an expression of this energy.

Just like the sun is an expression of this energy.

Just like a tree is an expression of this energy.

Just like a bird is an expression of this energy.

Everything is this one energy.

Everything happening right now is one expression.

One expression of one energy.

Happening right now.

All by itself.

Without anybody doing any of it.

Perfectly.

-

All there is, is "This".

This "ultimate creative universal energy"

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.



Your whole life is an expression of this energy.

Is this energy expressing.

Every thought.

Every belief.

Every idea.

Every feeling.

Every impulse.

Every urge.

Every movement.

Every action.

Always happening right now.

Always happening all by itself.

Without anybody doing any of it.

All is well.

Everything is as it needs to be.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

In this Moment (2016-03-09 06:41)



Everything that is happening in this moment.

Right now.

Is an expression of this energy.

Is this energy expressing.

Everything.

Nothing is excluded.

Nothing at all.

It is all happening by itself.

Without anybody doing any of it.

Everything takes care of itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

Right to the Point (2016-03-09 06:42)



All there is, is this one infinite energy expressing.

Happening all by itself.

Right now.

Everywhere.

Without anybody doing any of it.



You are this one energy expressing.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.



It is the tiniest speck of dust dancing in a shaft of sunlight.

It is this entire universe stretching out into infinity.

It is everything that is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.



Everything that happens.

Everything that is.

Is an expression.

Of this supreme energy.

In this supreme energy.

As this supreme energy.

This infinite supreme energy.

Is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinte".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

One Single Cause (2016-03-10 06:10)



All there is, is this one single cause.

That causes everything to happen.

That causes everything to be.

This one single cause is the cause of everything.

This one single cause is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

A Beautiful Sunset (2016-03-10 06:40)



Take a look at a beautiful sunset.

Just take a look.

What is it that's doing that?

What is it that's making that happen?

What is it that's causing that?

What is it that's making that possible?

Now take a look at yourself.

Just take a look.

What is it that's doing you?

What is it that's making you happen?

What is it that's causing you?

What is it that's making you possible?

You'll never know.

Because it can't be perceived through your senses.

Because it can't be seen, or heard, or smelt, or tasted or touched.

It's undeniably here though.

You know that it's here.

Everything that you see, hear, smell, taste and touch is it.

You and the sunset are expressions of this one energy.

This one force.

This one power.

This one cause.

It is the one single cause of everything that is and everything that happens.

It is the infinite energy of the entire universe.

It is existence itself.

This is all there is.

This is what everything is.

This is what the sunset is.

This is what you are.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.



You are an expression of the most powerful force in the universe.

You are being expressed exactly as you are.

The most powerful force in the universe is expressing itself as you.

With all of your strengths.

With all of your weaknesses.

With all of your accomplishments.

With all of your failures.

You are always exactly what you need to be.

Where you need to be.

Doing what you need to do.

Feeling what you need to feel.

Thinking what you need to think.

The most powerful force in the universe is making you what you are.

Everything that you are is that force expressing.

You are that force.

Everything is.

This is your true value.

This is the true value of everyone and everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

All There Is (2016-03-10 07:20)



All there is, is this one infinite universal energy.

Seeming to be appearing in many different forms.

With many different names.

All there is, is this one infinite universal energy.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

Here It Is (2016-03-10 07:36)



Here it is.

This is it.

Simply what you are experiencing right now.

Simply what your senses are taking in right now.

Simply what's happening right now.

The tick of the clock.

The smell of freshly cut grass.

The sound of a sprinkler.

The light coming through the window.

The feeling of your bottom on the chair.

The movement of your breath.

Your eyes blinking.

Tension in the body.

Here it is.

This is it.

The earth revolving.

The earth orbiting the sun.

The solar system happening.

The galaxy happening.

The universe happening.

Everything happening.

Here it is.

This is it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

What You Are (2016-03-10 10:10)



This is what you are.

This is what everything is.

This that's happening right now.

Everywhere.

This energy.

This force.

That is and does the entire universe.

Is what you are.

You are that which is the universe.

You are that which is the galaxy.

You are that which is the solar system.

You are that which is the sun.

You are that which is the earth.

You are that which is the mountains, the trees, the rivers and the oceans.

You are that which is all of the people, all of the animals, birds and insects.

You are that which is everything.

You are this.

This that's happening right now.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

There is Nothing (2016-03-10 10:51)



There is nothing that this is not.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything"

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

This Is You (2016-03-11 06:17)



This infinite energy.

This absolute power.

This cause of everything.

Is and does all that you are.

Is and does everything.

This "ultimate creative universal energy" is you.

This "ultimate creative universal energy" is everything.

This "ultimate creative universal energy" is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



You might be a mess.

But you're a perfect mess.

You're this one infinite universal energy.

Expressing in that form that you call you.

This one infinite universal energy.

Being and doing all of those messy things.

Being and doing all of those messy thoughts.

Being and doing all of those messy feelings.

Being and doing all of those messy impulses.

Being and doing all of those messy actions.

It's all messy perfection.

It couldn't be any other way.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



Listen to nobody.

Who tells you.

That you should be anything other than what you are.

Right now.

They are making a big mistake.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

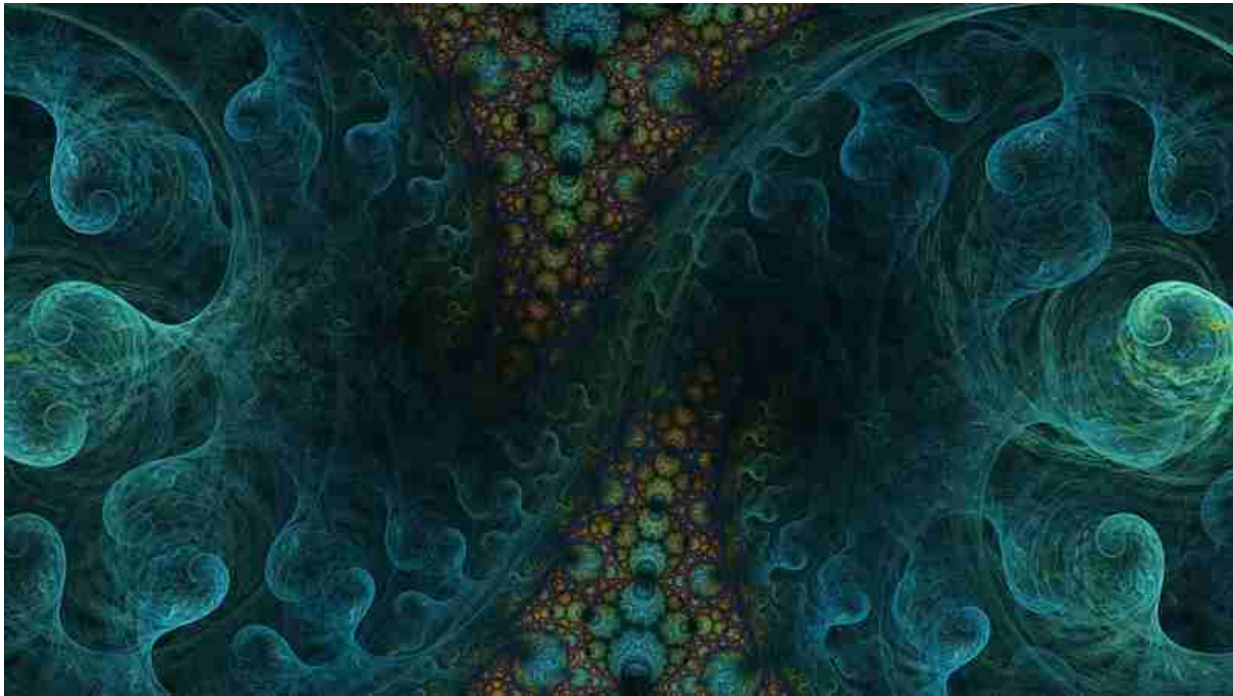
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

This Infinite Energy (2016-03-11 15:34)



Your body is this infinite energy.

Your thoughts, ideas, beliefs and memories are this infinite energy.

Your feelings and moods are this infinite energy.

Your impulses and urges are this infinite energy.

Your actions and movements are this infinite energy.

So where does that leave room for you?

All there is, is this infinite energy.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

Just One (2016-03-15 13:56)



All there is, is just this one infinite supreme energy.

Being and doing everything.

In this never ending moment.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



Everything.

Absolutely everything.

That you appear to do.

Is done.

By this one infinite supreme energy.

It is an expression.

Of this one infinite supreme energy.

All there is.

Is this one infinite supreme energy.

There is nobody who has ever made a mistake.

There is nobody who will ever make a mistake.

You cannot do your life wrong.

Because you are not doing your life.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



All there is right here, right now.

Is this one infinite supreme energy.

In different forms.

With different names.

That's not a coffee cup on your desk.

That's this one infinite supreme energy.

In the form coffee cup.

With the name coffee cup.

Everything is this one infinite supreme energy.

Including you.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



How do you keep all of the cells in your body together when you are asleep?

How are you doing it right now?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



It's all one.

This infinite happening.

That's happening right now.

It's one infinite energy.

Appearing as different forms.

With different names.

It's one infinite energy.

Doing everything.

Being everything.

Everything is included.

Nothing is excluded.

It's all one.

This one infinite energy.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



It has no form.

But it is all forms.

It has no name.

But it carries all names.

It cannot be perceived.

But it cannot be denied.

It is pure brilliance.

It is all that is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



It is hidden in plain sight.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



How do you keep your body temperature at a constant 37 degrees when you are asleep?

How are you doing it right now?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



You are so loved.

Everything about you.

Just look at you.

You are such a miracle.

So complex.

With nothing out of place.

All of it happening by itself.

Everything held in unconditional love.

Just as it is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



If you were the creator of thoughts.

Wouldn't you know how you were creating them?

If you were the creator of thoughts.

Wouldn't you just choose to have only positive thoughts?

If you were the creator of thoughts.

Wouldn't you know what the next thought was going to be?

If you were the creator of thoughts.

How would you decide what thought to create?

Wouldn't that have to be a thought?

-

All there is, is "This"

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



This is all just far too complex.

For you to be doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

Becoming (2016-03-17 14:10)



You think that you need to become something.

Something better.

But you missed the fact.

The simple fact.

That you already are.

That all that you are is being done.

Being done by this one infinite energy.

That is doing everything.

This one infinite energy.

That is everything.

Including you.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



How do you make your heart beat when you are asleep?

How are you doing it right now?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

A Movement of the Universe (2016-03-17 17:17)



Everything that is happening right now.

Is this one movement of the universe.

Is this one infinite energy expressing.

You are not separate from this one movement of the universe.

You are not separate from this one infinite energy.

It is what you are.

There is nothing else you need to be.

There is nowhere else you need to go.

There is nothing else you need to do.

It is simply this which is happening right now.

Happening all by itself.

All is well.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



You are constantly being unconditionally validated.

Everything is.

You are a creation of this one infinite energy.

Everything is.

An expression of this one infinite energy.

Everything is.

You are this one infinite energy.

Everything is.

You are constantly being unconditionally validated.

Exactly as you are.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

Unfolding (2016-03-18 06:59)



This is all just unfolding.

Moment by moment.

All by itself.

Without anybody doing any of it.

Always moving.

Always changing.

Always perfect.

All of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



How is anything being what it is?

What is it that is making that possible?

What is it that makes it possible for you to be what you are?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



Everything that you are experiencing.

Right now.

Is this one infinite supreme energy.

Doing everything.

Being everything.

It is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



All there is, is this one infinite supreme energy.

Being and doing everything.

Being and doing positive feelings and emotions.

Being and doing negative feelings and emotions.

It is anger.

It is frustration.

It is anxiety.

It is sadness.

It is confusion.

It is suffering.

It is all positive and all negative feelings and emotions.

It expresses itself as all of them.

At exactly the right moment.

All by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



Everything is being presented perfectly.

Right now.

In this very moment.

With incomprehensible intelligence and creativity.

With no effort.

All by itself.

Without anybody doing any of it.

Look at a flower.

Presented perfectly in this very moment.

Just as it is.

Now look at you.

Presented perfectly in this very moment.

Just as you are.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

The Happening of this Moment (2016-03-21 09:34)



You are the happening of this moment.

-

All there is, is "This".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What You Really Are (2016-03-21 12:26)



What you really are.

Is what the table really is.

Is what the bird really is.

Is what the sky really is.

Is what the computer really is.

Is what the sun really is.

Is what the pizza really is.

Is what the dog really is.

What everything really is.

Is what you really are.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

The Value of Everything (2016-03-21 12:33)



Everything that exists.

Has the same intrinsic value.

Nothing is worth more or less than anything else.

Everything is perfectly what it is.

Absolutely valid exactly as it is.

This is the unconditional love.

That is being showered on you.

Every moment of your existence.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What Did You Create? (2016-03-21 12:46)



Did you create your body?

Did you create your brain?

Did you create your ability to see?

Did you create your ability to hear?

Or smell or taste?

Did you create your ability to feel?

Or your ability to think?

Well?

Did you?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

Trust (2016-03-22 08:06)



This one infinite supreme energy.

Can be trusted.

To take care of everything.

Absolutely everything.

Maybe not in the way you want it to happen.

But exactly in the way that it needs to happen.

Everything takes care of itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.



This life.

Is both pleasure and pain.

Pleasurable experiences that you enjoy.

Painful experiences that you don't like.

You experience moments of peace and fulfillment.

You experience moments of suffering and frustration.

This is all simply part of what is.

This one infinite supreme energy.

Being everything.

Doing everything.

Things are happening exactly the way they need to be happening.

Everything is the way it needs to be.

And through it all.

You are loved and supported unconditionally.

Exactly as you are.

By that which loves and supports everything unconditionally.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

True Nature (2016-03-22 08:47)



Your true nature.

What you really are.

Is this one infinite supreme energy.

This one infinite supreme energy.

Is the true nature of everything that is.

It is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This one ultimate creative universal energy.

Creates both saints and sinners.

It is both saints and sinners.

There are no good people and no good deeds.

There are no bad people and no bad deeds.

This one ultimate creative universal energy.

Is and does what appear to be good people and good deeds.

Is and does what appear to be bad people and bad deeds.

It is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This infinite creative universal energy.

Is being and doing the best that you can imagine.

Is being and doing the worst that you can imagine.

And everything in between.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is all simply.

A choiceless expression.

Of this one infinite creative energy.

Happening right now.

All by itself.

Effortlessly.

Perfectly.

You are included in this too.

Of course.

Everything is included.

Your body.

Your thoughts.

Your feelings.

Your urges and impulses.

Your actions.

Are all simply.

A choiceless expression.

Of this one infinite creative energy.

Happening right now.

All by itself.

Effortlessly.

Perfectly.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Just look around at the amazing creative complexity.

The intricacy and the intelligence.

The power.

In all that is.

This miracle.

That is happening right now.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

When You Look for Yourself (2016-03-22 16:15)



When you look for yourself.

What do you find?

Don't you only find a body.

Happening all by itself.

The five senses.

Happening all by themselves.

Thoughts.

Happening all by themselves.

Feelings.

Happening all by themselves.

Sensations.

Happening all by themselves.

Impulses and urges.

Happening all by themselves.

Movements and actions.

Happening all by themselves.

So where are you?

Are you anywhere at all?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

No Chooser (2016-03-23 07:13)



There is no chooser here.

No person who gets to choose.

How this expresses.

What this does.

Or when this does what it does.

There is only this one infinite creative energy.

Being and doing everything.

Simply expressing itself as everything.

Right now.

Right here.

Apparent choices are made.

By apparent people.

But how exactly do you make a choice?

What are the actual mechanics of making a choice that you claim to be doing?

There is no chooser here.

No person who gets to choose.

How this expresses.

What this does.

Or when this does what it does.

There is only this one infinite creative energy.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is nothing wrong at all.

Nothing that is, that should not be.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You most probably have opinions.

About lots of different things.

But how do you form your opinions?

What steps do you actually take to form an opinion?

Ridiculous assumptions are made.

About doing things.

That are just far too complex.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

I Am Not Doing This (2016-03-23 07:52)



If you just take a moment.

To look around.

At everything that is happening.

Right now.

Everywhere.

You might just realise.

"I am not doing any of this".

Including yourself.

Of course.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is raw power.

This is both loving and deadly.

This is what creates.

And what destroys.

This is what gives life.

And what takes it away.

This raw power is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

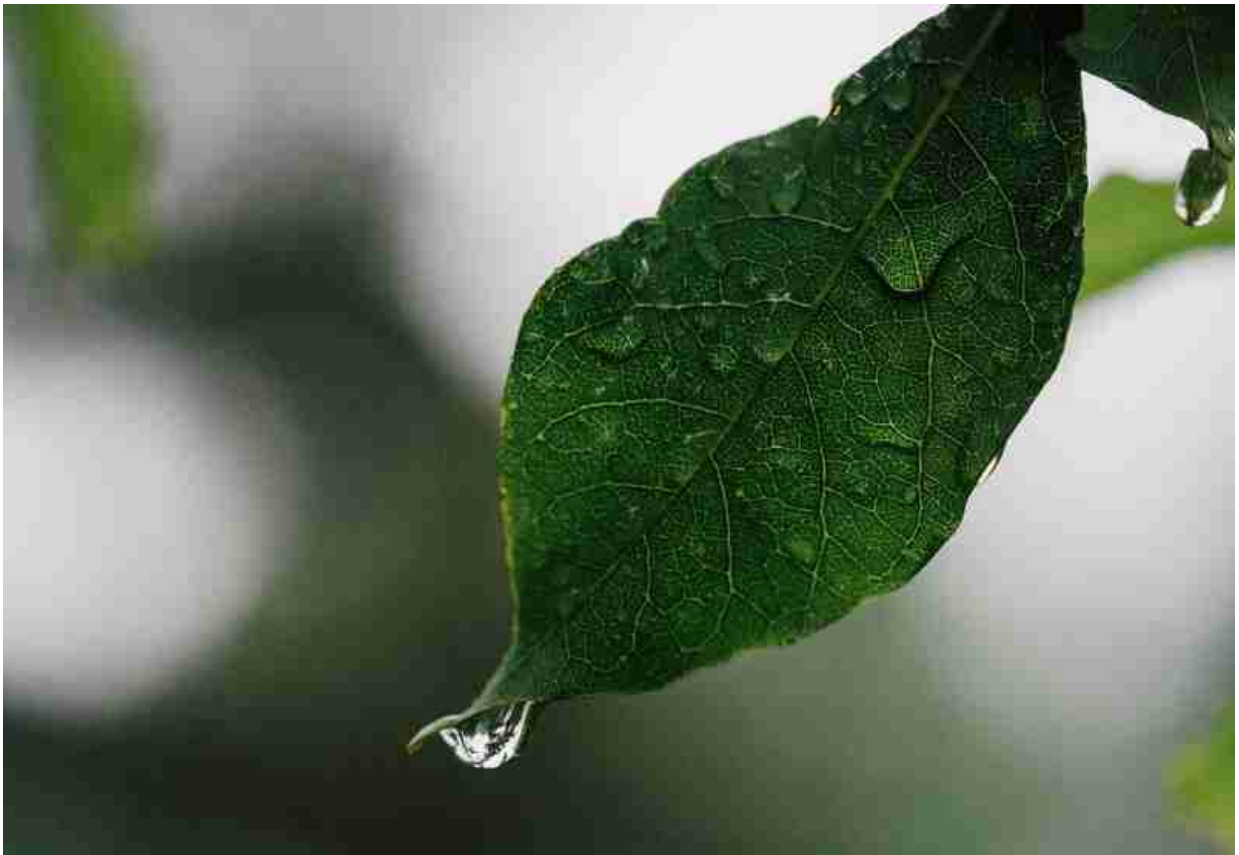
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Awakening to the truth is nothing more.

Than realising what you truly are.

Realising what your true nature is.

The true nature of everything.

This one infinite energy.

Being everything.

Doing everything.

Right now.

In this very moment.

All by itself.

Effortlessly.

Perfectly.

Truth is this very moment.

Don't expect better feelings.

Don't expect a better life.

Or no more suffering.

Don't expect to get anything in particular.

Anything can happen.

All you get is whatever is happening right now.

All by itself.

Without anybody doing any of it.

Which is already the case anyway.

Always.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Simply This (2016-03-23 12:46)



It is simply this.

All this.

Happening right now.

Everywhere.

This is all one.

One happening.

One energy.

One movement.

One presentation.

One expression.

Of billions and billions of expressions.

With billions and billions of tiny details.

This miracle.

Being everything.

Doing everything.

Right now.

This.

Simply this.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Are This Energy (2016-03-23 12:47)



You are this energy that is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Doing (2016-03-23 13:17)



It is just a ridiculous assumption.

That has been made.

That you could be doing anything this complex.

How do you create a thought?

How do you think a thought?

How do you create a feeling?

How do you feel a feeling?

How do you create an impulse or an urge?

How do you follow an impulse or an urge?

How do you move your arm or turn your head?

You claim to do it.

But how?

How do you see or hear?

How do you smell or taste?

It is just a ridiculous assumption.

That has been made.

That you could be doing anything this complex.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

When You Were Born (2016-03-23 13:33)



When you were born.

You probably looked very different.

To the way you look now.

So what was it that made all those changes?

What is it that makes you the way you are now?

This that makes you the way you are now, is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Mundane Miracle (2016-03-24 06:15)



This is a totally mundane miracle.

This is the dead leaf blowing along the roadside.

This is the stack of bills on the table waiting to be opened.

This is the old creaky shed door banging in the wind.

This is the dripping tap.....drip.....drip.....drip.

This is the sound of crickets in the grass on a summer evening.

This is the cloud rising from the factory chimney.

This is the old worn out shoe just laying around somewhere, forgotten.

This is all that is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Magic (2016-03-24 06:33)



This magic is happening everywhere.

Right now.

In this very moment.

Always.

There isn't a single thing that isn't this.

Nothing is excluded.

Nothing is left undone.

This takes care of everything.

This is everything.

Everything takes care of itself.

This magic is happening everywhere.

Right now.

In this very moment.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is effortless perfection.

Simply as it is.

Right now.

All of it.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything is born out of this one infinite energy.

Everything.

Everything exists as this one infinite energy.

Everything.

Everything dies back into this one infinite energy.

Everything.

This one infinite energy is all there ever is.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You might find yourself stuck searching.

Searching high and low for something better.

Better than this.

When all the time this is right here.

This is what you are really searching for.

This.

Right here.

Right now.

This one infinite energy.

Being everything.

Doing everything.

This is what you are.

This is home.

And you never even left.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Experience (2016-03-24 09:27)



It is simply this experience.

Happening right here.

Right now.

Exactly as it is.

Whatever it is.

Without anybody who this experience belongs to.

Without anybody who is doing this experience.

Without anybody who is controlling this experience.

Without anybody who is choosing this experience.

This experience happens all by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



All there is, is THIS one infinite energy.

Or whatever you want to call it.

It has many names.

God, Brahman, The Absolute, Life, Existence, Mother Nature, The Truth, whatever.

THIS can't be understood by the mind.

THIS can't be conceptualised in any way.

THIS can't be known by the mind or the senses.

Whatever you imagine THIS to be, THIS will always be much much more.

And much much less at the same time.

THIS is more than the entire universe and less than a grain of sand at the same time.

The mind cannot understand something that is formless, infinite, absolute and eternal.

THIS is all-powerful and all-present.

You can't put THIS in a box.

THIS will always be in the box, outside the box and THIS will be the box.

It's like trying to catch a river in a bucket.

But THIS is what everything is.

THIS is what you are.

THIS is being and doing everything.

EVERYTHING.

Effortlessly.

Perfectly.

Right now.

In this very moment.

Everything happens all by itself.

In THIS, as THIS.

Everything appears out of THIS.

And disappears back into THIS.

Everything is made of THIS.

All there ever is, is THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything is happening in this moment.

Right now.

All there ever is, is this moment.

This moment is all it can possibly be.

It can't be better.

It can't be different.

It is a perfect expression.

Of this one infinite energy.

Exactly as it is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Fine As You Are (2016-03-24 12:07)



You are absolutely fine as you are.

Exactly the way that you are.

No need to worry about being better.

No need to worry about having to be anything in particular.

Any change that needs to happen.

Will happen all by itself.

You are absolutely fine as you are.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This Absolute.

This one infinite creative energy.

Is expressing itself as you.

Your body.

Your thoughts.

Your feelings.

Your impulses and urges.

Your actions.

This is unconditional love.

This Absolute.

This one infinite creative energy.

Is expressing itself as everything.

Loving itself unconditionally.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is total intimacy.

This is closer than close.

This sense of aliveness right now.

This gentle buzz of energy in the body.

This is this Absolute.

This one infinite creative energy.

In and as every cell of your body.

In and as every aspect of your being.

This is total intimacy.

This is this Absolute.

This one infinite creative energy.

Calling you home.

The home you never left.

You are this Absolute.

This one infinite creative energy.

That is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Make no mistake.

Whatever is happening right now.

Is this Absolute.

Is this one infinite creative energy.

Being and doing everything.

No matter what is happening.

No matter what is appearing.

This is everything.

Every tiny aspect.

Of every thing.

Great and small.

Is this Absolute.

Is this one infinite creative energy.

Being and doing everything.

This is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You cannot know this Absolute.

This one infinite creative energy.

As a thing.

This is not a thing.

But every thing that you can know.

Is this Absolute.

Is this one infinite creative energy.

Expressing itself as every thing.

Being and doing every thing.

Effortlessly.

Perfectly.

This includes everything.

This includes you.

You cannot know this Absolute.

This one infinite creative energy.

You can only be this Absolute.

You are this Absolute.

This one infinite creative energy.

That is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Your body.

Your entire being.

Is an experience machine.

A biological robot.

Created, run and maintained.

By this Absolute.

As this Absolute.

This one infinite creative energy.

You are the perfect artificial intelligence.

Created to feel and believe that you are a separate entity.

With independent power of your own.

Or.

Created to wake up from that dream and realise what is real.

This intelligence does not belong to you.

It is the intelligence of this Absolute.

This one infinite creative energy.

This power does not belong to you

It is the power of this Absolute.

This one infinite creative energy.

You are not what you have assumed yourself to be.

All there is, is this one infinite creative energy.

This Absolute.

And this is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This Absolute.

This one infinite creative energy.

Has no form.

But has the power to express itself.

As all forms.

This Absolute.

This one infinite creative energy.

Cannot be seen, heard, smelled, touched or tasted.

But has the power to express itself.

As all sights, all sounds, all scents, all sensations and all flavours.

Everything that you are experiencing right now.

Everything that is happening.

Is this Absolute.

Is this one infinite creative energy.

Including you.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything that is.

Everything that is happening.

Right now.

In this very moment.

Is this Absolute.

This one infinite creative energy.

Being and doing everything.

There are no exceptions whatsoever.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

All of This (2016-03-25 11:50)



This is all of this.

This Absolute.

This one infinite creative energy.

Being and doing everything.

This is everything that is heart warming.

And everything that is chilling.

This is everything that is inspiring.

And everything that is frustrating.

This is everything that is approved of.

And everything that is disapproved of.

This is as good as it gets.

And as bad as it gets.

This is everything considered spiritual.

And everything considered not spiritual.

This is an experience of oneness with the entire universe.

And an experience of identification, separation, isolation and loneliness.

This is everything that is happening.

Right now.

No matter what that is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Little Frog (2016-03-25 12:00)



This is not a little frog.

This is this Absolute.

This one infinite creative energy.

In the form frog.

With the name frog.

Being frog.

Doing frog.

You are not what you assume you are.

You are this Absolute.

This one infinite creative energy.

In the form human.

With the name human.

Being you.

Doing you.

This Absolute.

This one infinite creative energy.

Is all there is.

Being everything.

Doing everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Wake Up (2016-03-25 12:10)



Are you searching for the truth?

Or are you searching for a better experience?

A better experience than this.

This that is happening right now.

You will never ever find anything other than this.

You will never ever get anything other than this.

No matter how much you understand.

This will always be this that is happening right now.

This Absolute.

This one infinite creative energy.

Happening all by itself.

Being everything.

Doing everything.

This is the truth.

This moment.

This is what you are.

What everything is.

Are you searching for the truth?

Or are you searching for a better experience?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Existing (2016-03-25 12:23)



Everything that exists.

Exists.

But how does it exist?

This Absolute.

This one infinite creative energy.

Is the single cause of everything.

This Absolute.

This one infinite creative energy.

Is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

How Is That Possible? (2016-03-25 14:05)



Take a look at anything.

Anything at all.

And you might wonder.

How is that possible?

How is that existing?

How is that being what it is?

The answer is this.

This Absolute.

This one infinite creative energy.

Being and doing everything.

Everywhere.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Isn't the search for enlightenment.

The ultimate search for a better experience?

The search for something different?

For some kind of transformation?

Some kind of shift?

The search for wholeness?

The search for completeness?

The search for OKness?

Isn't it a looking for something other than this?

This that is happening right now.

Enlightenment is meaningless.

This is already perfect.

Exactly as it is.

Right now.

Already.

No shift is required.

No transformation is required.

You are already this Absolute.

This one infinite creative energy.

Being everything.

Doing everything.

You are this right now.

You are perfect as you are.

What exactly were you hoping to transform into?

Superman?

Wonderwoman?

Enlightenment is total bullshit.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is the freedom.

Just to be.

Whatever you are.

However you are.

Right now.

In this moment.

However that might be.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This human being is this Absolute.

This one infinite creative energy.

Being and doing this human being.

I see in you, your humanness.

I see in you, this Absolute.

Your humanness is this Absolute.

This Absolute is your humanness.

This one infinite creative energy.

That is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Bathed in Infinity (2016-03-26 19:11)



This is infinity.

This one infinite happening.

Happening right here, right now.

Everywhere.

In this very moment.

This Absolute.

This one infinite creative energy.

Being everything.

Doing everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Greatest Gift (2016-03-26 19:25)



This is the greatest gift.

This Absolute.

This one infinite creative energy.

Is expressing itself as you.

Being you.

Doing you.

This Absolute.

This one infinite creative energy.

Is expressing itself as everything.

Being everything.

Doing everything.

This is the greatest gift.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

At All Times (2016-03-27 07:27)



All there is, is this one infinite creative universal energy.

This Absolute.

This infinite presence.

Happening right here, right now.

Everywhere.

Always.

You are this one infinite creative universal energy.

Expressing itself.

As you.

Being you.

Doing you.

Expressing itself.

As everything.

Being everything.

Doing everything.

All there is, is this one infinite creative universal energy.

This Absolute.

This infinite presence.

Happening right here, right now.

You are always this one infinite creative universal energy.

No matter what.

At all times.

In all situations.

Under all circumstances.

This one infinite creative universal energy.

This Absolute.

This infinite presence.

Is being you.

Is doing you.

Is being and doing everything.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Always (2016-03-27 07:43)



All there is, is this.

This one infinite creative universal energy.

Being everything.

Doing everything.

This infinite energy.

Is being you.

Is doing you.

Always.

Even in your darkest moments.

This is what you are.

Even when you're scared and confused.

This is what you are.

Even when you don't feel good enough.

This is what you are.

Even when you feel guilty.

This is what you are.

Even when you feel ashamed.

This is what you are.

Even when you feel worthless.

This is what you are.

Even when you feel totally wrong.

This is what you are.

All there is, is this.

This one infinite creative universal energy.

Being everything.

Doing everything.

This infinite energy.

Is being you.

Is doing you.

Always, always, always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Nothing needs to happen or not happen.

For you to be this.

This one infinite creative universal energy.

That you already are.

What everything already is.

It is all there ever is.

At all times.

In all situations.

Under all circumstances.

This is being and doing absolutely everything.

You don't need to understand anything.

You don't need to become enlightened.

The sense of being a separate person does not need to fall away.

It makes no difference.

It isn't about any of those things.

Nothing needs to happen or not happen.

Nothing needs to change.

For you to be this.

This that you already are.

What everything already is.

This is being and doing absolutely everything.

This one infinite creative universal energy.

This Absolute.

This infinite presence.

Right here, right now.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Enlightened Duck (2016-03-27 11:36)



A duck.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

Being duck.

Doing duck.

And this is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Relax Or Don't Relax (2016-03-27 13:15)



Relax.

Or don't relax.

This ultimate creative universal energy.

Is doing everything.

Everything takes care of itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Infinite Everything (2016-03-28 05:16)



This infinite everything.

Being all this.

Doing all this.

All this simply happening.

This infinite everything.

Right now.

In this moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

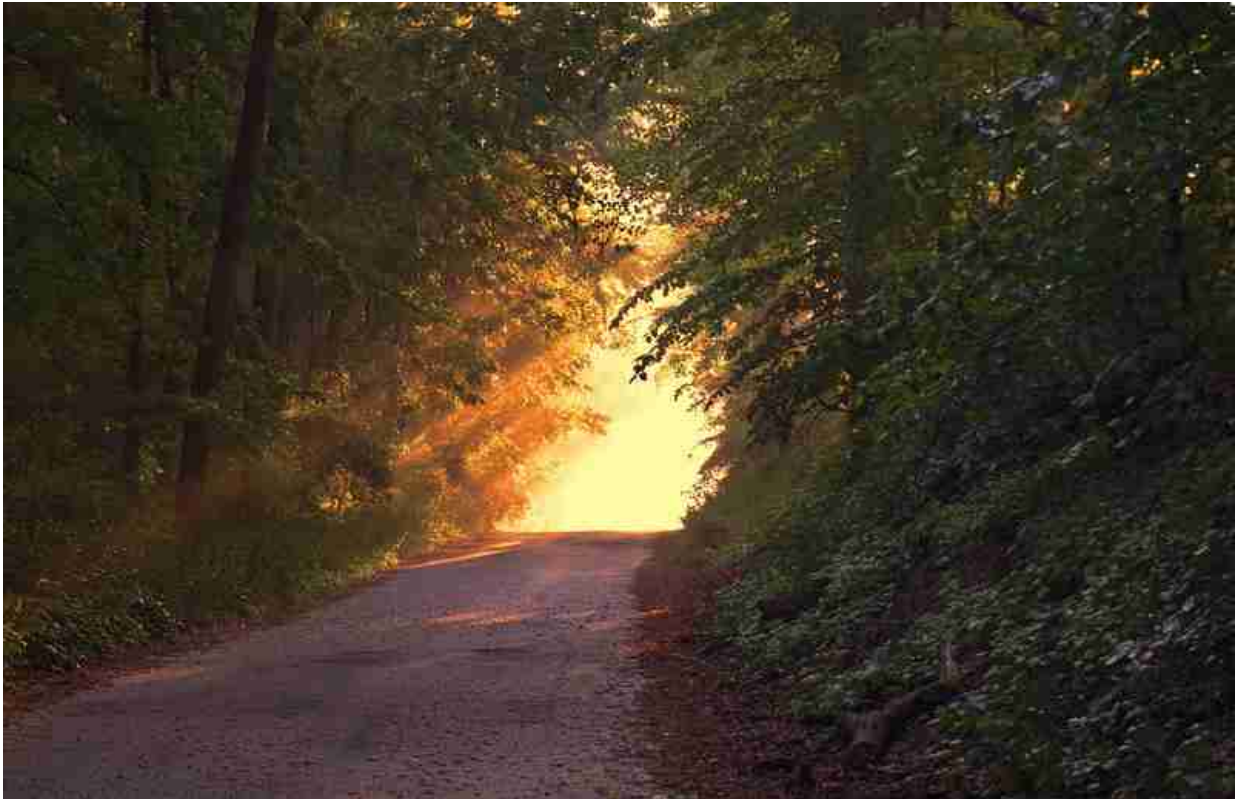
All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Path (2016-03-28 06:29)



Just this simply happening, without anybody doing it.

Just this simply happening, without anybody doing it.

Just this simply happening, without anybody doing it.

This sperm.

Just this simply happening, without anybody doing it.

This egg cell.

Just this simply happening, without anybody doing it.

This sperm swimming.

Just this simply happening, without anybody doing it.

This sperm fusing with this egg cell.

Just this simply happening, without anybody doing it.

This cell dividing and multiplying.

Just this simply happening, without anybody doing it.

These cells differentiating and specialising.

Just this simply happening, without anybody doing it.

This tiny body forming.

Just this simply happening, without anybody doing it.

This baby growing.

Just this simply happening, without anybody doing it.

This baby kicking.

Just this simply happening, without anybody doing it.

These labour pains.

Just this simply happening, without anybody doing it.

This water breaking.

Just this simply happening, without anybody doing it.

This baby being born.

Just this simply happening, without anybody doing it.

This first breath.

Just this simply happening, without anybody doing it.

This first scream.

Just this simply happening, without anybody doing it.

This baby sensing the world.

Just this simply happening, without anybody doing it.

This baby feeling hungry.

Just this simply happening, without anybody doing it.

This baby growing and developing.

Just this simply happening, without anybody doing it.

This child starting to walk.

Just this simply happening, without anybody doing it.

This child starting to talk.

Just this simply happening, without anybody doing it.

This sense of being a separate independent self starting to form.

Just this simply happening, without anybody doing it.

This child experiencing thoughts.

Just this simply happening, without anybody doing it.

This child feeling happy.

Just this simply happening, without anybody doing it.

This child feeling sad.

Just this simply happening, without anybody doing it.

This child feeling comfortable.

Just this simply happening, without anybody doing it.

This child feeling uncomfortable.

Just this simply happening, without anybody doing it.

This child growing and developing.

Just this simply happening, without anybody doing it.

This child feeling confident.

Just this simply happening, without anybody doing it.

This child feeling shy.

Just this simply happening, without anybody doing it.

This child feeling safe.

Just this simply happening, without anybody doing it.

This child feeling scared.

Just this simply happening, without anybody doing it.

This child feeling good about itself.

Just this simply happening, without anybody doing it.

This child feeling bad about itself.

Just this simply happening, without anybody doing it.

This child experiencing the world.

Just this simply happening, without anybody doing it.

This child experiencing more thoughts.

Just this simply happening, without anybody doing it.

This child experiencing more feelings.

Just this simply happening, without anybody doing it.

This child experiencing impulses and urges.

Just this simply happening, without anybody doing it.

This child doing things.

Just this simply happening, without anybody doing it.

This child growing and maturing.

Just this simply happening, without anybody doing it.

This person experiencing the world.

Just this simply happening, without anybody doing it.

This person experiencing more thoughts.

Just this simply happening, without anybody doing it.

This person experiencing more feelings.

Just this simply happening, without anybody doing it.

This person experiencing impulses and urges.

Just this simply happening, without anybody doing it.

This person doing things.

Just this simply happening, without anybody doing it.

This person being judged.

Just this simply happening, without anybody doing it.

This person judging itself.

Just this simply happening, without anybody doing it.

This person feeling like it's good enough.

Just this simply happening, without anybody doing it.

This person feeling like it's not good enough.

Just this simply happening, without anybody doing it.

This person forming opinions.

Just this simply happening, without anybody doing it.

This person living a life.

Just this simply happening, without anybody doing it.

This person getting sick.

Just this simply happening, without anybody doing it.

This person getting well.

Just this simply happening, without anybody doing it.

This person experiencing the world.

Just this simply happening, without anybody doing it.

This person experiencing more thoughts.

Just this simply happening, without anybody doing it.

This person experiencing more feelings.

Just this simply happening, without anybody doing it.

This person experiencing impulses and urges.

Just this simply happening, without anybody doing it.

This person doing things.

Just this simply happening, without anybody doing it.

This body growing old.

Just this simply happening, without anybody doing it.

This body getting weak.

Just this simply happening, without anybody doing it.

This body getting sick.

Just this simply happening, without anybody doing it.

This body dying.

Just this simply happening, without anybody doing it.

This heart beating for the last time.

Just this simply happening, without anybody doing it.

These eyes closing for the last time.

Just this simply happening, without anybody doing it.

Just this simply happening, without anybody doing it.

Just this simply happening, without anybody doing it.

Just this simply happening, without anybody doing it.

Just this simply happening, without anybody doing it.

Just this simply happening, without anybody doing it.

Just this simply happening, without anybody doing it.

Right now.

Always.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

For A While (2016-03-28 07:06)



Stop pretending to be.

That tiny human being.

With all of its strengths and weaknesses.

With all of its joys and sorrows.

With all of its pleasures and pains.

We both know.

That you are God.

But, oh, what a wonderful experience this is.

Your creation.

Experienced through the senses.

Of that tiny little thing.

That little one.

That you love so much.

You decided to be it.

For a while.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Stroll Through The Grass (2016-03-28 09:05)



This one infinite creative energy.

This Absolute.

Being sunlight.

Doing sunlight.

This one infinite creative energy.

This Absolute.

Being grass.

Doing grass.

This one infinite creative energy.

This Absolute.

Being kitten.

Doing kitten.

This one infinite creative energy.

This Absolute.

Being strolling.

Doing strolling.

All there is, is this.

This one infinite creative energy.

This Absolute.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

No Goal, No Destination (2016-03-28 09:40)



There is no goal.

There is no destination.

That you can get to.

Other than this that is happening.

Right now.

This one infinite universal energy.

This Absolute.

This infinite presence.

Being everything.

Doing everything.

There is no pot of gold.

At the end of this rainbow.

There is only this beautiful, never ending rainbow.

Displaying in all of its colours.

All of its variations.

Good and bad.

There is no goal.

There is no destination.

That you can get to.

Other than this that is happening.

Right now.

This one infinite universal energy.

This Absolute.

This infinite presence.

Being everything.

Doing everything.

And you are already there.

This is what you are.

Always.

At all times.

In all situations.

Under all circumstances.

No matter what.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Always the Ocean (2016-03-28 10:17)



No matter if the ocean.

Is violent and raging.

Or calm and peaceful.

It is always the ocean.

No matter if you.

Seem to be so called enlightened.

And your sense of being a separate self seems to have fallen away.

Or if you seem to be fully identified as a separate entity.

And you are feeling separate and inadequate.

You are always this one infinite energy.

This Absolute.

That is being and doing everything.

Being and doing seemingly enlightened.

Being and doing seemingly separate and inadequate.

This is what you are.

Always.

No matter what.

You don't have to be enlightened to be what you are.

You don't have to be enlightened to be free.

You are already this.

This that is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



How do you digest your last meal when you are asleep?

How are you doing it right now?

How do you extract all of the nutrients from the food?

How do you transport them around your body to where they are needed?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is not about only good feelings.

Constant good feelings is not a possibility.

Ever.

This is good feelings and bad feelings.

Ups and downs.

Pleasures and pains.

Don't expect only good feelings.

Don't expect a positive experience only.

No matter how much you understand.

This will always be positive and negative.

This will always be changing.

This is simply this that is happening right now.

All by itself.

However that might be.

Always moving on to the next expression.

Nobody gets to choose how this expresses.

Ever.

You are simply this that is happening right now.

All by itself.

All there is, is this infinite happening.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Happening (2016-03-28 13:11)



You are simply happening.

Right here.

Right now.

Everything is.

Happening all by itself.

Without anybody doing any of it.

Body simply happening.

Thoughts simply happening.

Feelings simply happening.

Impulses and urges simply happening.

Actions simply happening.

Everything is simply happening.

Right here.

Right now.

This one infinite happening.

This one infinite creative universal energy.

This Absolute.

This infinite presence.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Enlightened Mouse (2016-03-28 13:24)



A mouse.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

Being mouse.

Doing mouse.

And this is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Clouds Across The Moon (2016-03-29 05:31)



As I lay here.

Looking up.

At the clouds moving across the moon.

I think to myself.

There is something.

So much greater.

Than me.

That is doing that.

Being moon.

Doing moon.

Being clouds.

Doing clouds.

But then I realise.

It is all just this one happening.

This one infinite seamless happening.

Happening right here.

Right now.

The moon is included.

The clouds are included.

I am included.

Everything is included.

This that is being and doing the moon.

Is being and doing me.

Is being and doing everything.

Everything.

In this one infinite seamless happening.

Happening right here.

Right now.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Energy Happening (2016-03-29 05:55)



This one infinite creative universal energy.

Happening right now.

As this one infinite seamless happening.

This infinite everything.

Happening right now.

This is all there ever is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



To know God.

Is to know the absolute perfection of this that you are.

Right now, exactly as you are.

To know the absolute perfection of this that you are.

Right now, exactly as you are.

Is to know God.

Not God, the old man with a beard in the sky idea of God.

But God, this one infinite creative universal energy.

This one infinite seamless happening.

Happening right here, right now.

Being and doing everything.

Right now in this very moment.

Being you.

Doing you.

This is the absolute perfection of what you are.

What everything is.

This is God.

This one infinite creative universal energy.

This one infinite seamless happening.

Right here.

Right now.

This is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

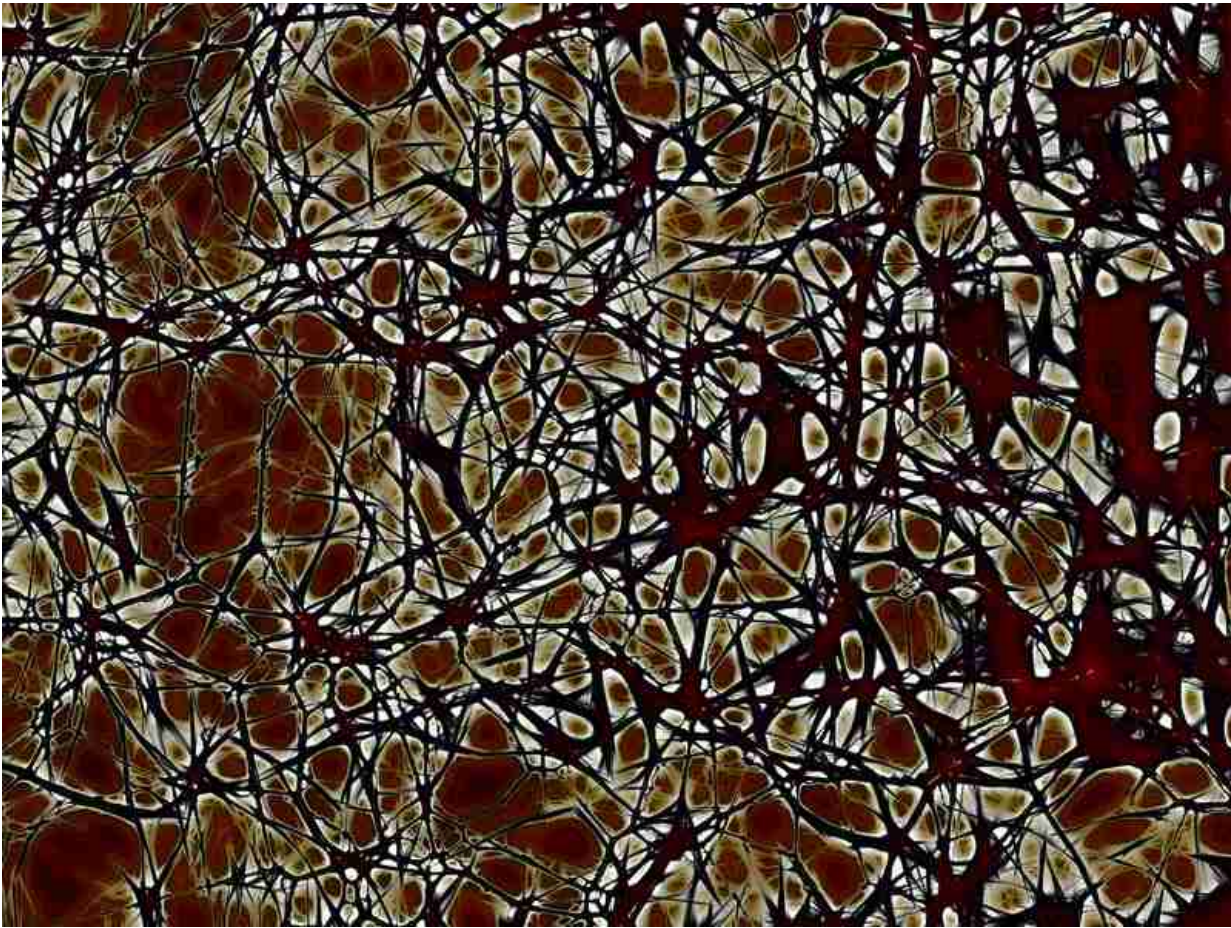
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Your brain is an unbelievably complex thing.

Around 98 % of what it does is subconscious.

You're not even aware of what it's doing.

But somehow you still believe that you control it.

That you somehow control your thoughts.

This one infinite creative universal energy.

Is being brain.

Is doing brain.

Is being thoughts.

Is doing thoughts.

This is being and doing everything.

Everything is simply happening.

Effortlessly.

Perfectly.

Everything is perfectly under control.

Or perfectly out of control.

But not by you.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What Is I? (2016-03-29 12:32)



When you say I.

What are you talking about?

What are you pointing to?

This person?

This human being?

That you call I?

This particular body?

With these particular thoughts?

With these particular feelings?

With these particular impulses and urges?

With these particular actions?

This one infinite creative universal energy.

Is being and doing all of these things.

Being and doing this particular body.

Being and doing these particular thoughts.

Being and doing these particular feelings.

Being and doing these particular impulses and urges.

Being and doing these particular actions.

These things are all simply happening.

Everything is.

When you say I.

What are you talking about?

What are you pointing to?

You are pointing to this one infinite creative universal energy.

That is being and doing everything.

In this infinite seamless happening.

This is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Happening Within This Happening (2016-03-30 05:03)



Every thing that is.

Is a happening.

Happening right now.

Within this larger happening.

This one infinite seamless happening.

This one infinite creative universal energy.

Is expressing itself.

As this larger happening.

This one infinite seamless happening.

And as every smaller happening within this larger happening.

Including the happening that you call you.

All there is, is this one infinite seamless happening.

This one infinite creative universal energy.

Happening right here, right now.

All by itself.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nothing But A Thought (2016-03-30 05:36)



You are nothing but a thought.

A process in the brain of that human organism.

That human organism that you call you.

That human organism is this one infinite creative universal energy.

Being that human organism.

Doing that human organism.

All there ever is, is this one infinite creative universal energy.

As this one infinite seamless happening.

You are nothing but a happening within this happening.

Happening all by itself.

You are nothing but a thought.

Happening all by itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is the greatest love.

This is this one infinite creative universal energy.

Being everything.

Doing everything.

Loving itself unconditionally.

Loving everything unconditionally.

Exactly the way it is.

The greatest power in the entire universe.

Is expressing itself as everything.

This is true unconditional love.

You don't need to be loved by other people.

You don't even need to love yourself.

Because you are already loved unconditionally.

The greatest power in the entire universe.

Is expressing itself as you.

Being you.

Doing you.

Exactly the way you are.

This is true unconditional love.

This is what you are.

What everything is.

No matter what.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is the freedom.

To be completely human.

To be completely what you are.

However that might be.

This is the freedom.

To be completely divine.

To be completely what you are.

However that might be.

There is no difference.

You are divinely human.

You are humanly divine.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

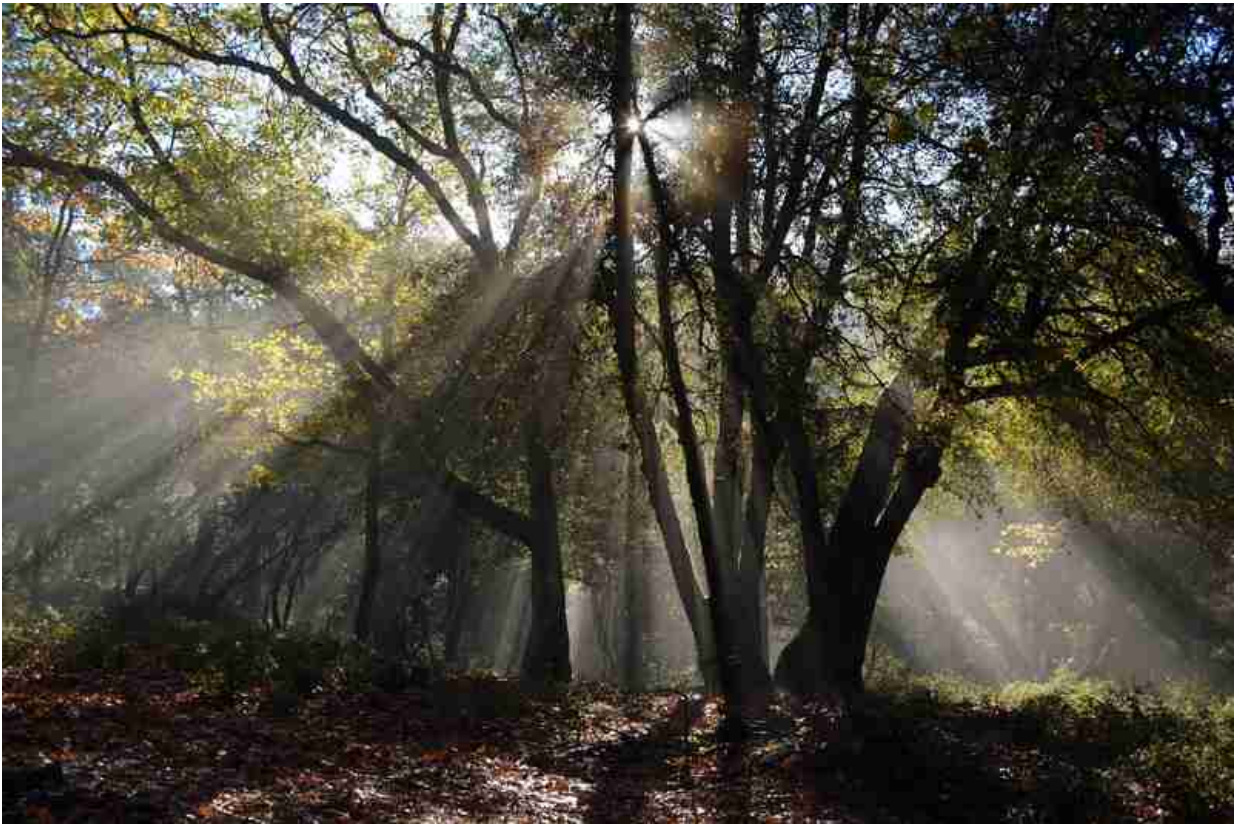
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is a celebration of your humanness.

Not a denial of it.

Just as a tree is this one infinite creative universal energy.

Being tree.

Doing tree.

AND

It is simply a tree at the same time.

Simply what it is.

Absolutely perfect.

That human being that you call I.

Is this one infinite creative universal energy too.

Being that human being that you call I.

Doing that human being that you call I.

AND

It is simply that human being that you call I at the same time.

Simply what it is.

Absolutely perfect.

Completely ordinary and completely extraordinary.

AT THE SAME TIME.

This is a celebration of everything.

Exactly as it is.

This is a denial of nothing.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Enlightened Elephant (2016-03-30 10:48)



An elephant.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

Being elephant.

Doing elephant.

And this is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



How do you heal a wound when you are asleep?

How are you doing it right now?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Are This Right Now (2016-03-30 12:49)



It's not about you having no thoughts.

You are this right now.

It's not about you only having good feelings.

You are this right now.

It's not about you always feeling at peace.

You are this right now.

It's not about you always having a feeling of being one with everything.

You are this right now.

It's not about you never having any problems.

You are this right now.

It's not about you needing to understand something.

You are this right now.

It's not about you not having a sense of being a separate person.

You are this right now.

This one infinite creative universal energy.

That is being and doing everything.

Right now.

Effortlessly.

Perfectly.

In this one infinite seamless happening.

That includes everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Being What You Cannot Not Be (2016-03-30 19:09)



This is not about becoming something.

That you not already are.

This is about being what you are.

Exactly as you are.

Right now.

In this very moment.

Being what you cannot not be.

With all of your humanness.

Your positive qualities.

AND

Your negative qualities.

All of it.

This is about discovering the perfection.

That you already are.

Right now.

Exactly as you are.

This one infinite creative universal energy.

Is being you right now.

Exactly as you are.

Is doing you right now.

Exactly as you are.

This power.

This force.

That is and does the entire universe.

This one infinite seamless happening.

Is being and doing you.

At all times.

In all situations.

Under all circumstances.

This one infinite creative universal energy.

Is being and doing everything.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

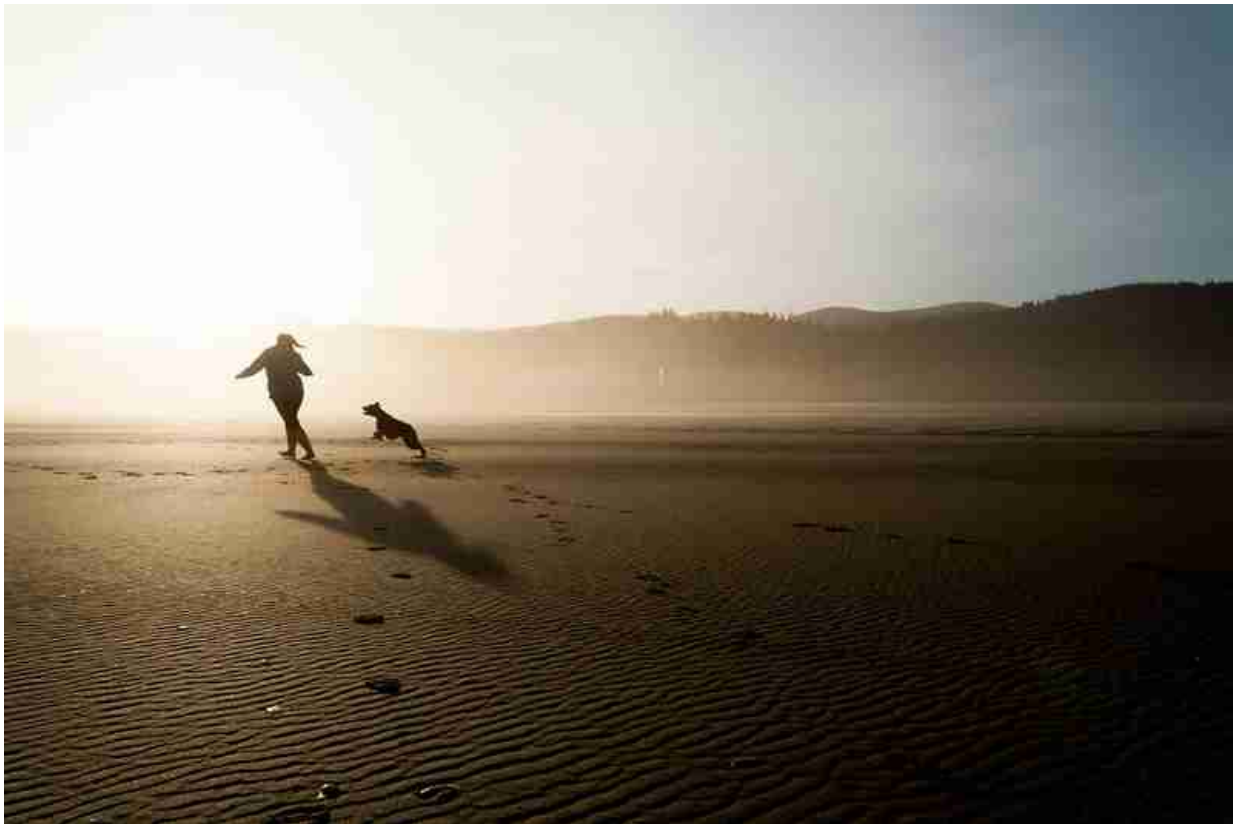
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This one infinite creative universal energy.

Is being and doing.

This one infinite seamless happening.

That is happening right now.

In this very moment.

Everything is included.

Absolutely everything.

Everything exists in and as.

This one infinite creative universal energy.

This is all there is.

This is what you are.

This is what everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Somebody Doing It (2016-03-30 20:40)



A tree.

Can you find a somebody doing it?

A river.

Can you find a somebody doing it?

The sky.

Can you find a somebody doing it?

The weather.

Can you find a somebody doing it?

A dog.

Can you find a somebody doing it?

A car.

Can you find a somebody doing it?

This body.

Can you find a somebody doing it?

These thoughts.

Can you find a somebody doing it?

These feelings.

Can you find a somebody doing it?

These impulses and urges.

Can you find a somebody doing it?

These actions.

Can you find a somebody doing it?

A somebody that is actually doing any of these things?

Making them happen?

Is there one?

Can you find one?

Which buttons do you press to think thoughts?

Which levers do you pull to feel feelings?

Which dials do you turn to create impulses and urges?

Or are all of these things simply happening?

Effortlessly.

Perfectly.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You can fill in the BLANK.

With anything that you like or don't like.

Anything that you want or don't want.

Anything that you think is right or anything you think is wrong.

Anything that you think should be and anything that you think shouldn't be.

And this will be it.

This one infinite universal energy.

Being BLANK.

Doing BLANK.

Being and doing everything.

In this one infinite seamless happening.

Happening right now.

All by itself.

All of it.

Absolutely everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

No Separation (2016-03-31 07:12)



Every thing is a smaller happening.

Within this one infinite seamless happening.

This one infinite creative universal energy.

That is being and doing everything.

Every thing is this infinite energy happening.

Simply doing what it does.

All by itself.

This energy being and doing sun.

This energy being and doing tree.

This energy being and doing cat.

This energy being and doing person.

This energy being and doing the space between them.

This energy being and doing everything.

There is only this one infinite seamless happening.

This one infinite creative universal energy.

Every object is this one infinite energy happening.

The space between them is this one infinite energy happening.

There is no separation at all.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Whatever You Are Feeling (2016-03-31 07:25)



Whatever you are feeling.

Right now.

Is this one infinite universal energy.

Being and doing.

Whatever you are feeling.

No matter what that is.

This is direct contact.

This is total intimacy.

With the Absolute.

This one infinite creative universal energy.

That is and does the entire universe.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is everything that you love.

And everything that you hate.

This one infinite creative universal energy.

That is being and doing everything.

In this one infinite seamless happening.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Power In This Moment (2016-03-31 07:44)



There is power in this moment.

Greater than anything you can imagine.

This power is being and doing you.

This power is being and doing everything.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Perfect Person (2016-03-31 08:29)



This is not about becoming.

A perfect person.

The imperfect person.

That you are.

Is this perfection.

This one infinite creative universal energy.

Being you.

Doing you.

Being and doing everything.

You are perfect as you are.

Exactly as you are.

Right now.

You are this perfection.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



All there is, is this one infinite universal energy.

There is nothing other than or outside of this one energy.

There is no you that is not this one energy.

Everything that you call I, me and mine is this one energy.

Being and doing body.

Being and doing brain.

Being and doing thoughts.

Being and doing feelings.

Being and doing impulses and urges.

Being and doing actions.

There is no you that is not this one energy.

All there is, is this one infinite universal energy.

Being and doing everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

1.3 April

All By Itself (2016-04-01 07:30)



All that exists right now.

Is this one infinite creative universal energy.

Just this.

Happening right now.

Being everything.

Doing everything.

Everything simply happening.

Effortlessly.

Perfectly.

All by itself.

Everything.

In this one infinite seamless happening.

In this one eternal moment.

Right here.

Right now.

Always.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What Are You Made Of? (2016-04-01 16:06)



So what are you made of?

What is it?

Think about it.

What are you literally made up of?

Are you doing that?

What is it that's doing that?

That complexity.

That amazing complexity.

Would you even know where to begin?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is simply the expression of this moment.

However this moment is being expressed.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Thy Will Is Being Done (2016-04-02 23:12)



You are not doing.

You are being done.

You are being expressed.

You are happening.

Right now.

In this very moment.

This one infinite creative universal energy.

Is being you.

Is doing you.

Is expressing you.

Exactly as you are.

Right now.

In this very moment.

You can only ever be the expression that you are.

There is nothing else you can be or achieve or get.

Other than this that is being expressed.

This that is happening.

Right now.

In this very moment.

You don't get to choose the expression of this moment.

You don't get to control the expression of this moment.

This is the same for everyone and everything in existence.

Everything is being done.

Everything is being expressed.

Everything is an expression.

Of this one infinite creative universal energy.

Just this one infinite seamless happening.

Happening right now.

In this very moment.

Exactly the way it is.

Perfectly.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nothing To Hold On To (2016-04-03 00:19)



There's nothing to hold on to.

Nothing at all.

Everything is changing.

Everything is moving on to the next expression.

Even your understanding of this.

Even your clarity.

What may be crystal clear today.

May be gone tomorrow.

All there ever is.

Is this that's happening right now.

The expression of this moment.

You don't get to choose or control this in any way.

You don't own anything.

You don't have a say in how this expresses.

And you don't need to.

Everything is under control.

This one infinite creative universal energy.

Is being and doing everything.

Everything is happening all by itself.

Right now in this very moment.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



All there is, is this one infinite creative universal energy.

Being everything.

Doing everything.

Just THIS being THIS.

There is no difference between anything.

There is no one thing that is better than any other thing.

No one expression that is better than any other expression.

You may be rich or you may be poor.

But this is still just THIS being THIS.

You may be thin or you may be fat.

But this is still just THIS being THIS.

You may be young or you may be old.

But this is still just THIS being THIS.

You may be clever or you may be stupid.

But this is still just THIS being THIS.

You may be happy or you may be sad.

But this is still just THIS being THIS.

You may be confident or you may be anxious.

But this is still just THIS being THIS.

You may be enlightened or you may be unenlightened.

But this is still just THIS being THIS.

All there is, is THIS being THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Enlightened Butterfly (2016-04-03 00:55)



A butterfly.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

Being butterfly.

Doing butterfly.

And this is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

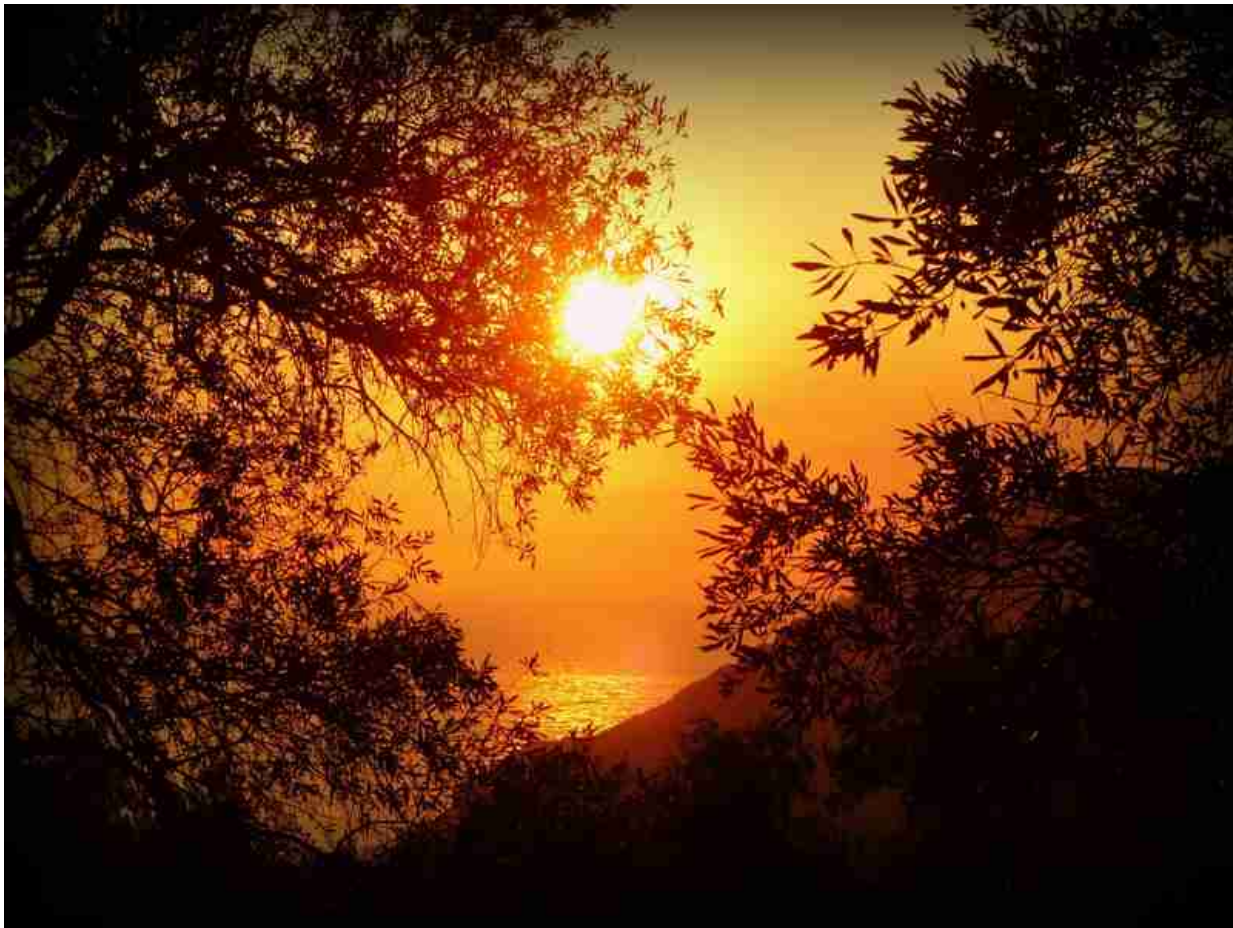
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



It's always just this.

Just this that's happening.

Right here.

Right now.

Everywhere.

Happening all by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Just look at the absolute complexity.

Of all this.

This one infinite seamless happening.

Happening right here.

Right now.

Everywhere.

Exactly which part of this complexity do you imagine you are doing?

Exactly which part do you imagine you could control?

How can you be doing any of it at all?

How could you control any of it at all?

This is all being done.

This is all simply happening.

Happening all by itself.

Right now in this very moment.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Bullshit (2016-04-03 09:13)



Everything is a bullshit story.

All there ever is, is THIS being THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You don't get to own anything.

Anything you appear to have.

You only have, because that's how you're being expressed.

Right now in this moment.

Your clarity, your understanding, your intelligence, your strength, your power.

Anything at all.

That you appear to have.

You don't own.

It's a gift.

Being given.

Right now in this very moment.

Everything belongs to this one infinite universal energy.

Everything is this one infinite universal energy.

This is all there is.

You don't even own your life, your existence.

Your life, your existence is being made possible by this one infinite universal energy.

You are an expression of this one infinite universal energy.

Anything you appear to have right now.

Is an expression of this one infinite universal energy.

Everything can change in the next moment.

You don't get to decide.

Everything takes care of itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Pin It Down (2016-04-04 06:26)



This cannot be pinned down.

This one infinite creative universal energy.

This one infinite seamless happening.

This expression of this moment.

There is nothing fixed that could be pinned down.

There is nobody separate from this happening to do it.

It is a constantly flowing expression of this infinite energy.

Unfolding moment by moment.

Always fresh.

Always new.

There is nobody who gets to control this expression.

There is nobody who gets to pin it down in any way.

It is always simply this expression.

Happening right here, right now, always, everywhere.

All by itself.

Without anybody doing any of it.

You are an expression of this infinite energy.

You are a happening within this one infinite seamless happening.

Everything is.

This one infinite seamless happening.

This one infinite creative universal energy.

Is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is no better or worse.

All there is, is this one infinite creative universal energy.

Being and doing everything.

Being and doing every happening.

Within this one infinite seamless happening.

Happening right now.

In this very moment.

All by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

All You Can Be (2016-04-04 07:12)



All you can be.

Is whatever you are.

Right now.

In this very moment.

You are an expression.

A perfect expression.

Of this one infinite creative universal energy.

Right now.

In this very moment.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Who Could Own It? (2016-04-04 07:31)



Who could own the starry night sky?

Who could own the sunset?

Who could own the grass blowing in the wind?

Who could own the snow falling?

Who could own this body?

Who could own these thoughts and feelings?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Over Here, Over There (2016-04-04 09:10)



Over there is a happy person.

Over here is a sad person.

But what are they both?

They are both expressions.

Of this one infinite universal energy.

Simply happening.

Right now in this moment.

All by itself.

There is no difference.

No difference at all.

Over there is a confident person.

Over here is an anxious person.

But what are they both?

They are both expressions.

Of this one infinite universal energy.

Simply happening.

Right now in this moment.

All by itself.

There is no difference.

No difference at all.

Over there is a person who understands.

Over here is a confused person.

But what are they both?

They are both expressions.

Of this one infinite universal energy.

Simply happening.

Right now in this moment.

All by itself.

There is no difference.

No difference at all.

Over there is an enlightened person.

Over here is an unenlightened person.

But what are they both?

They are both expressions.

Of this one infinite universal energy.

Simply happening.

Right now in this moment.

All by itself.

There is no difference.

No difference at all.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Perfect Moment (2016-04-05 04:50)



All there is.

Is this expression.

Of this one infinite universal energy.

Happening right now.

Exactly as it is.

In this perfect moment.

Everything is included.

Absolutely everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything's fine.

Even when it's not fine.

Everything is an expression.

Of this one infinite universal energy.

Happening right now.

In this very moment.

All by itself.

Without anybody doing any of it.

Everything is exactly as it's supposed to be.

Everything is all it can be.

Perfectly valid exactly as it is.

Right now.

In this very moment.

Everything's fine.

Even when it's not fine.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What You Are Right Now (2016-04-05 07:29)



What you are right now.

Is an expression.

Of this one infinite universal energy.

You are this one energy.

Expressing itself as you.

Being you.

Doing you.

Everything is this one energy.

This one energy is and does everything.

This is all you can ever be.

This is all anything can ever be.

This expression.

Of this one infinite universal energy.

This one infinite seamless happening.

Happening right now.

All by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Happening All By Itself (2016-04-05 07:54)



This one infinite seamless happening.

That is happening right now.

Is happening all by itself.

All of it.

Take a look and see.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Simple (2016-04-05 08:56)



Just this.

Infinity.

Happening.

Right now.

All by itself.

This is it.



Every impulse.

That arises.

Is an expression.

Of this one infinite universal energy.

Happening right now.

All by itself.

Following or not following.

An impulse.

Is an expression.

Of this one infinite universal energy.

Happening right now.

All by itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



How do you grow your hair when you are asleep?

How are you doing it right now?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Journey (2016-04-06 08:44)



There is no prize.

Waiting for you.

At the end of this journey.

Because this journey never ends.

Ever.

All there is, is this one infinite universal energy.

Expressing itself.

As everything.

Right here.

Right now.

In this eternal moment.

Ever fresh.

Ever new.

Every moment is a gift.

Every moment is unique.

Everything happens all by itself.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is nobody separate from this expression.

Of this one infinite universal energy.

Who can choose this expression.

Who can control this expression.

Who has a say in what, where or when.

Anything can happen.

Anything at all.

You are an expression of this one energy.

Right now.

In this very moment.

As you read these words.

Everything is.

So what can I do?

You might say.

Do whatever you are doing.

Right now.

Think whatever you are thinking.

Right now.

Feel whatever you are feeling.

Right now.

Be whatever you are.

Right now.

Simply be the expression.

Of this one infinite universal energy.

That you already are.

Right now in this very moment.

This is enough.

This is perfection.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Whatever you are right now.

Is a totally valid expression.

Of this one infinite universal energy.

No matter what.

This one infinite energy.

Is being you.

Is doing you.

Right now.

In this very moment.

This one infinite energy.

Is being and doing everything.

Everything.

Absolutely everything.

Is a totally valid expression.

Of this one infinite universal energy.

This one infinite seamless happening.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

No One In Charge (2016-04-07 05:08)



There is no one in charge.

Of this expression.

Of this one infinite creative universal energy.

This that is happening right now.

This one infinite seamless happening.

You are an expression.

You are a happening.

Of this one infinite creative universal energy.

Within this one infinite seamless happening.

Everything is.

Everything is simply happening.

Everything is being expressed.

Right now.

Exactly the way it is.

Everything is a perfect expression.

Of this one infinite creative universal energy.

This one energy.

This absolute power.

Is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



I am caught in your light.

Unexpectedly.

Frozen.

Unmoving.

In awe.

Of your glory.

Held and supported.

In your absolute power.

I am burned away.

I am shattered.

Annihilated.

By unconditional love.

Only you remain.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This (2016-04-07 06:27)



This is the entire universe.

This is whatever you feel right now.

This is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Who Will I Be (2016-04-07 12:57)



You don't get to decide.

Who or what you are.

Or who or what you will be.

Nothing does.

In each and every moment.

You are an expression.

Of this one infinite universal energy.

You aren't deciding what to be.

You are simply being expressed.

Complete and perfect.

Exactly as you are.

In this very moment.

This is the same.

For everything that exists.

This is one infinite seamless happening.

One infinite seamless expression.

Of this one infinite universal energy.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You did not choose.

When to be born.

You will not choose.

When to die.

You are not choosing anything.

Choices are being made.

Choices are happening.

If you believe you are the chooser.

Then how exactly do you make a choice?

Do you want tea?

Or do you want coffee?

Well?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Expression Of This Moment (2016-04-07 17:38)



Just take a look.

At the expression of this moment.

Just this that is happening.

Right now.

All of it.

Are you choosing this expression?

Are you deciding what will be expressed?

Or how it will be expressed?

Are you controlling this expression?

Are you doing this expression?

Do you know how this expression is happening?

Or is it all simply happening by itself?

What do you do to be?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

To Be (2016-04-07 17:42)



What does anything.

Anything at all.

Actually do.

To be?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

And this is what you are.

What everything is.

Hot Tea (2016-04-08 04:39)



No matter.

How enlightened.

You imagine yourself to be.

If you spill hot tea on your hand.

It's gonna hurt!

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

More Than Human (2016-04-08 05:02)



This is not about.

Being more than human.

This is about being the human.

That you are.

You are a human expression.

Of this one infinite creative universal energy.

Being expressed right now.

Exactly as you are.

This creator of worlds.

Is expressing itself.

As you.

Being you.

Doing you.

In this very moment.

This is an invitation.

To recognise.

The perfection.

That you already are.

That everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Wrong Path (2016-04-08 06:42)



There is no such thing.

As the wrong path.

There is no such thing.

As the wrong direction.

There is only the path.

That you find yourself on.

Right now.

There is only the direction.

That you find yourself going in.

Right now.

You are an expression.

Of this one infinite creative universal energy.

This energy is being you.

This energy is doing you.

Right now.

It is only ever about being this expression.

That you are right now in this moment.

It is only ever about doing this.

That you are doing right now in this moment.

This is all you can ever be.

This is all you can ever do.

And it's already all taken care of.

Happening exactly as it needs to happen.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Human Expression (2016-04-08 06:53)



You are this human expression.

Of this one infinite creative universal energy.

This human expression.

Is this one infinite creative universal energy.

Being this human.

Doing this human.

You are not a bird.

You are not a table.

You will always experience life.

Through this particular human expression.

Until the day this human dies.

You are this human expression.

Of this one infinite creative universal energy.

This human expression.

Is this one infinite creative universal energy.

This is not a denial.

Of your humanness.

This is a celebration.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

I Am Not God (2016-04-08 07:21)



I am not God.

But God is me.

God is everyone.

God is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is expressing itself.

As your best behaviour.

And.

As your dirty little secrets.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

BANG! (2016-04-08 10:35)



This makes you what you are.

This does everything that you do.

This makes everything what it is.

This does everything that is done.

This one infinite creative universal energy.

Being everything.

Doing everything.

Right now.

This one infinite seamless happening.

BANG!

Just the way it is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Feeling Bad (2016-04-09 07:02)



This is feeling bad.

Just as much as.

This is feeling good.

Both are completely valid expressions.

Of this one infinite creative universal energy.

This is the depths of despair.

This is pure bliss and satisfaction.

And everything in between.

This is the richness of life.

This perfect expression.

Of this one infinite creative universal energy.

Right now in this moment.

However this moment may be.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Light (2016-04-09 07:11)



Now this light which shines above this heaven, higher than all, higher than everything, in the highest world, beyond which there are no other worlds, this is the same light which shines within man, within everything that is.

— Chandogya Upanishad 3.13.7 600 BC

The Formless In Form (2016-04-09 15:11)



Every thing.

Is this one formless infinite creative universal energy.

In an apparent form.

This one infinite creative universal energy.

Expressing itself as everything.

Being and doing everything.

Right now in this very moment.

This includes your body.

Your thoughts.

Your feelings.

Your impulses and urges.

Everything.

These apparent forms are not fixed though.

Nothing is.

Everything is always changing.

Always just this flowing expression.

Of this one formless infinite creative universal energy.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

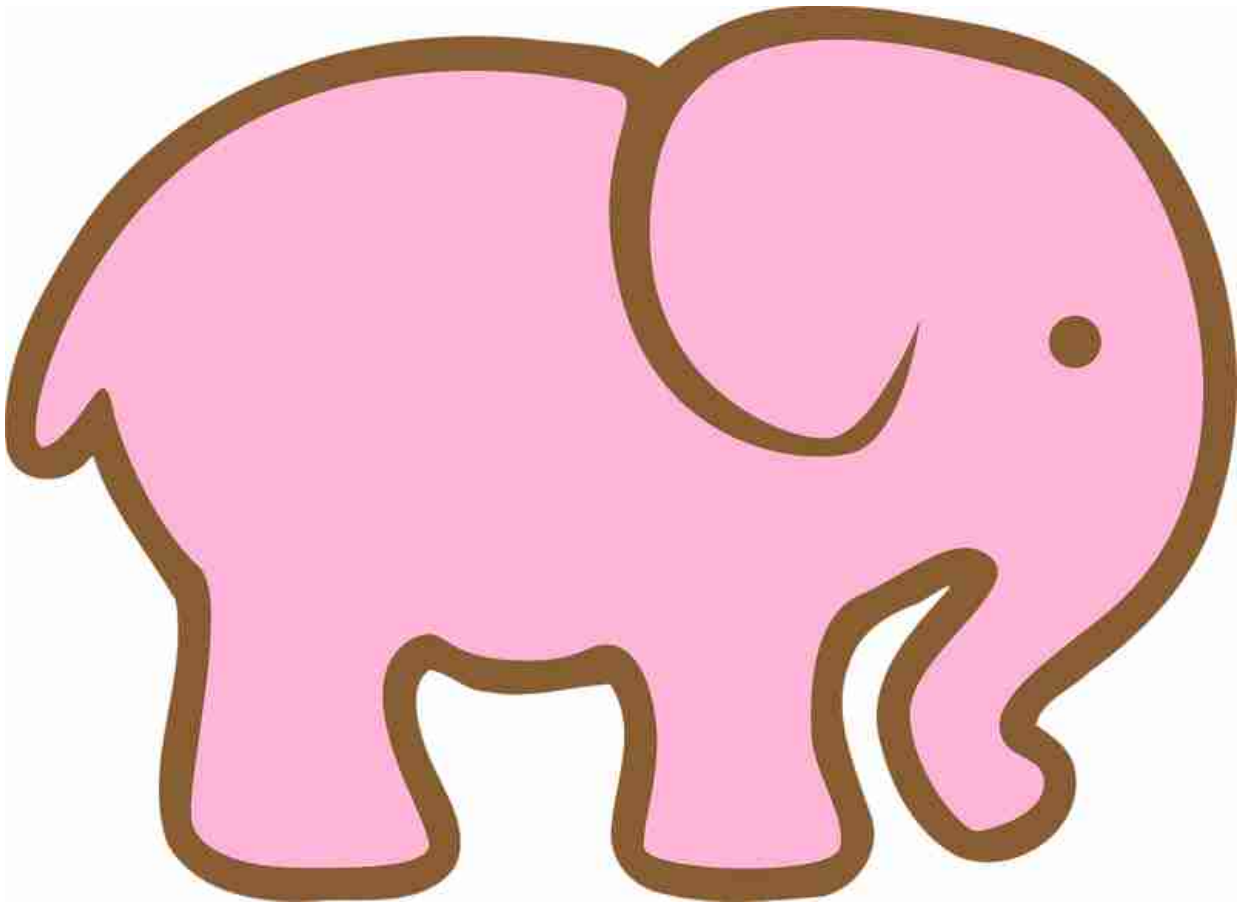
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



If you were creating.

Your thoughts.

Your feelings.

Your impulses and urges.

You would have to know.

What they were going to be.

Before you could create them.

And if that was the case.

Why would you even need to create them at all?

If you knew what your next thought was going to be.

Why would you need to create it?

"Now I'm going to create a thought about pink elephants".

If you knew what your next impulse or urge was going to be.

What would be the use of creating that impulse or urge?

"Now I'm going to create an urge to go to the toilet".

If you knew what your next feeling was going to be.

Why on earth would you not then simply decide to create pleasant feelings?

"Now I'm going to create a feeling to make myself feel like crap".

It is total and utter bullshit.

This is all just happening.

Right now in this moment.

All by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Right Now (2016-04-10 07:21)



This is.

This moment.

And everything in it.

This one infinite seamless expression.

Of this one infinite creative universal energy.

Being everything.

Doing everything.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Enlightened Grasshopper (2016-04-10 07:29)



A grasshopper.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

Being grasshopper.

Doing grasshopper.

And this is what you are.

What everything is.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

I Am Not Enlightened (2016-04-10 07:39)



Dedicated to Darryl Bailey for his unwavering clarity, patience and compassion.

My deepest thanks.

www.darrylbailey.net

-

I am not enlightened.

I am an expression of this one infinite creative universal energy.

Just the same as you are.

Just the same as everything is.

This will burn away our apparent differences.

Shatter all illusions of better or worse.

Let the perfection that we are right now shine bright.

In all of its glory.

And reunite us as this one that we already are.

I will meet you in the fire.

Right here, right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everywhere you look.

Anywhere at all.

This is all just.

Life being Life.

Life is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Every creature.

Great and small.

Is an expression.

Of this one infinite creative universal energy.

This one infinite energy.

Is being and doing.

All creatures great and small.

This includes.

The human creature that you are.

Of course.

This one infinite universal energy.

Is being and doing everything.

In this one infinite seamless happening.

Happening right now.

Absolutely everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Anything that happens.

Is not anybody's fault.

Not anybody's doing.

Everyone and everything.

Is an expression.

Of this one infinite creative universal energy.

Anything that is done.

Is an expression.

Of this one infinite energy.

This one infinite energy.

Is being and doing everything.

Some things are wonderful.

Some things are terrible.

But none of it is anybody's doing.

Everything is an expression.

Of this one infinite creative universal energy.

Everything.

Right now in this very moment.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Fountain Of Existence (2016-04-11 06:27)



This is the fountain of existence.

The source of all that is.

Expressing all of life.

Everything.

Right now in this very moment.

Exactly as it is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Control Your Reactions (2016-04-11 06:37)



We get taught and told.

That we must control.

Our reactions.

But how do you control a reaction?

Does anyone even know?

Or is it just something.

That they were taught and told?

Are you creating your reactions?

How do they happen?

How could you possibly control them?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

To Be Right Now (2016-04-11 06:51)



What are you doing.

Right now.

To be?

What are you doing.

To exist?

Right now.

Right in this very moment.

Exactly as you are.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Last Night (2016-04-11 07:18)



Last night.

You went to sleep.

And everything continued to happen.

All by itself.

Without anybody doing any of it.

This morning.

You woke up.

And everything continued to happen.

All by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything is.

This same energy.

That you are.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything is being expressed.

Right now.

With absolute precision.

Even apparent sloppiness.

Even so called errors.

Everything is expressed.

Exactly as it needs to be expressed.

Exactly where it needs to be expressed.

Exactly when it needs to be expressed.

This is the absolute power.

The absolute intelligence.

The absolute precision.

Of this one infinite creative universal energy.

That is being and doing everything.

Right now.

It is a ridiculous assumption.

That has been made.

That you could be doing anything as complex.

As running your life.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Are Not In Charge Of Suffering (2016-04-11 11:55)



The mistake that gets made.

Is that suffering is wrong.

And experiencing peace is right.

Whatever is happening.

In this very moment.

Right now.

Is the complete and perfect expression.

Of this one infinite creative universal energy.

This may be peace.

But this also may be suffering.

You do not control the expression of this moment.

You are being expressed.

You are an expression of this one infinite energy.

Right now.

You do not choose how this expresses.

You are not responsible for it.

And you are not in charge of it.

So you are not in charge of suffering either.

If thoughts that cause suffering are to arise.

Then they will simply arise.

You are the perfect expression.

Of this one infinite creative universal energy.

Right now in this very moment.

No matter what is being expressed.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

All Is Forgiven (2016-04-12 05:29)



Right now.

In this very moment.

All is forgiven.

You are an expression.

Of this one infinite creative universal energy.

This one energy.

Is being you.

Is doing you.

Right now.

In this very moment.

This one energy.

Is being and doing everyone and everything.

Anything you have ever done, are doing or will do.

Is an expression of this one infinite energy.

This is the way it has always been.

This is the way it always will be.

There is no right and no wrong.

There is only what is happening.

Only what is being expressed.

Right now.

In this very moment.

Just this one infinite seamless expression.

Just this one infinite seamless happening.

Of this one infinite creative universal energy.

And all is forgiven.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Watching Infinity (2016-04-12 05:36)



Just sit quietly.

For a moment.

If you can.

And watch infinity.

Happening.

All by itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are a perfect expression.

Of this one infinite creative universal energy.

Right now.

Always.

Even your apparent imperfections.

Are perfect expressions.

Of this one infinite energy.

This one energy is being and doing you.

Just the same as this is being and doing everyone and everything.

This that is being and doing the stars.

Is being and doing you.

Is being and doing everyone and everything.

This is how important you are.

This is your true value.

Your perfection.

Exactly as you are.

And this is the unconditional love.

That you are receiving.

Every single moment of your life.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Good Morning Checklist (2016-04-12 07:04)



Put all cells of body together in correct form.

Check.

Start heart beating.

Check.

Start breathing.

Check.

Turn on all systems of body.

Check.

Turn on all senses.

Check.

Organise all information in brain.

Check.

Get out of bed.

Check.

Realise all of this is happening by itself without anybody doing any of it.

Check!

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Don't bother asking.

Why you are the way you are.

Why anything is the way it is.

Everything is taken care of.

So absolutely taken care of.

You wouldn't believe it.

The greatest power in the entire universe.

Has everything under control.

This power.

This one infinite creative universal energy.

Is being and doing absolutely everything.

Right now.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Little Gecko (2016-04-12 10:51)



This is little gecko.

An expression of.

This one infinite creative universal energy.

This one infinite energy.

Is being and doing little gecko.

This one infinite energy.

Is being and doing all the quarks and gluons.

In all the protons and neutrons that little gecko is made of.

This one infinite energy.

Is being and doing all the protons, neutrons and electrons.

In all the atoms that little gecko is made of.

This one infinite energy.

Is being and doing all the atoms.

In all the molecules that little gecko is made of.

This one infinite energy.

Is being and doing all the molecules.

In all the cells that little gecko is made of.

This one infinite energy.

Is being and doing all the cells.

In little gecko's body.

Arranged all correctly.

To make little gecko.

Look like little gecko.

And function like little gecko.

This one infinite energy.

Is being and doing all the sensations.

That little gecko experiences.

This one infinite energy.

Is being and doing all the impulses and urges.

That little gecko experiences.

This one infinite energy.

Is being and doing little gecko.

This one infinite energy.

Is being and doing you.

This one infinite energy.

Is being and doing everything.

This is all far too complex.

For you to be doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

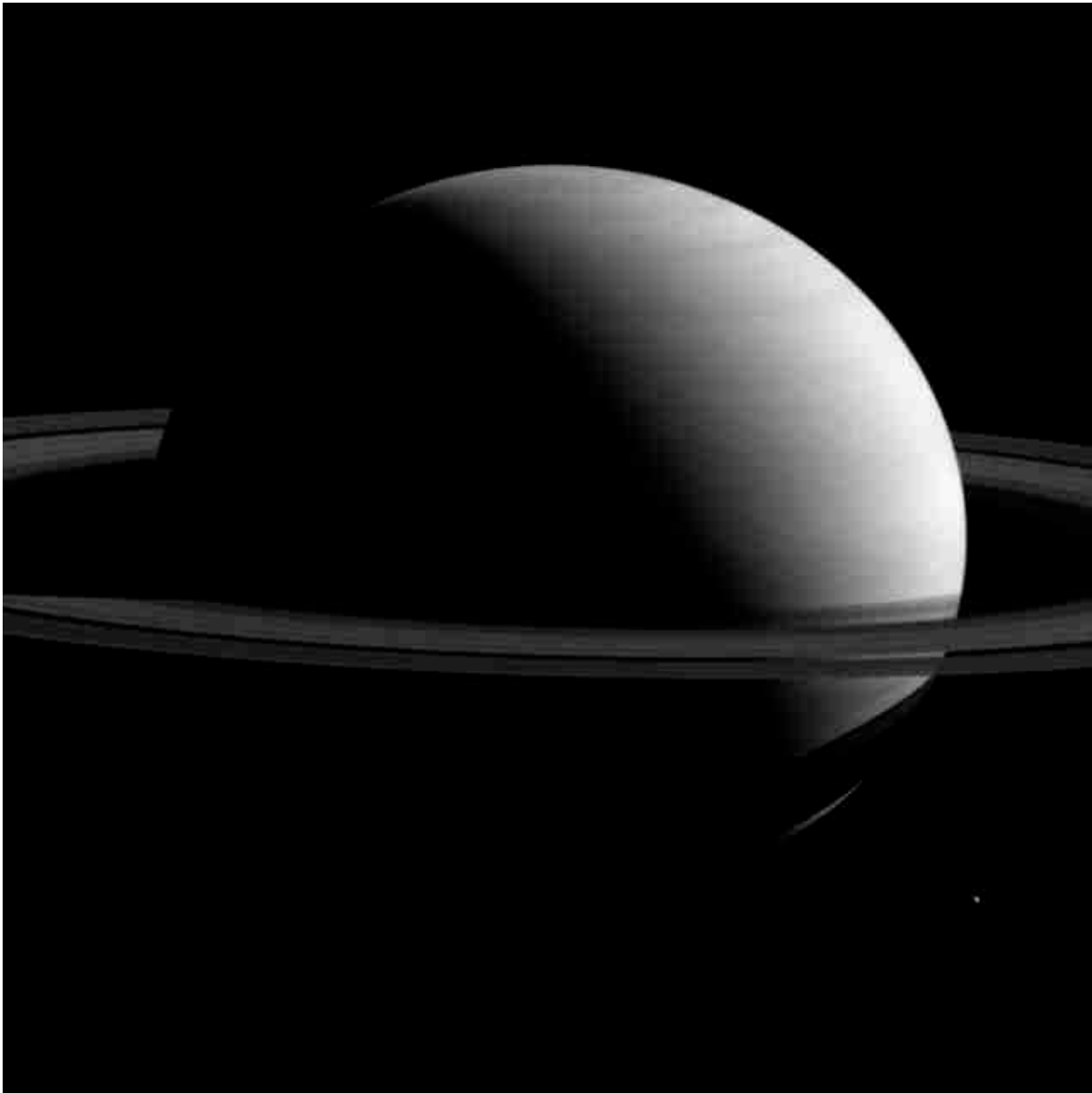
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



The planets.

And you.

This same one infinite creative universal energy.

Being and doing.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

As Far As The Eye Can See (2016-04-13 05:22)



In all directions.

As far as the eye can see.

And farther.

And farther.

And farther.

Out into infinity.

This is all.

This one infinite creative universal energy.

Being and doing.

Everything.

Right now.

In this very moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

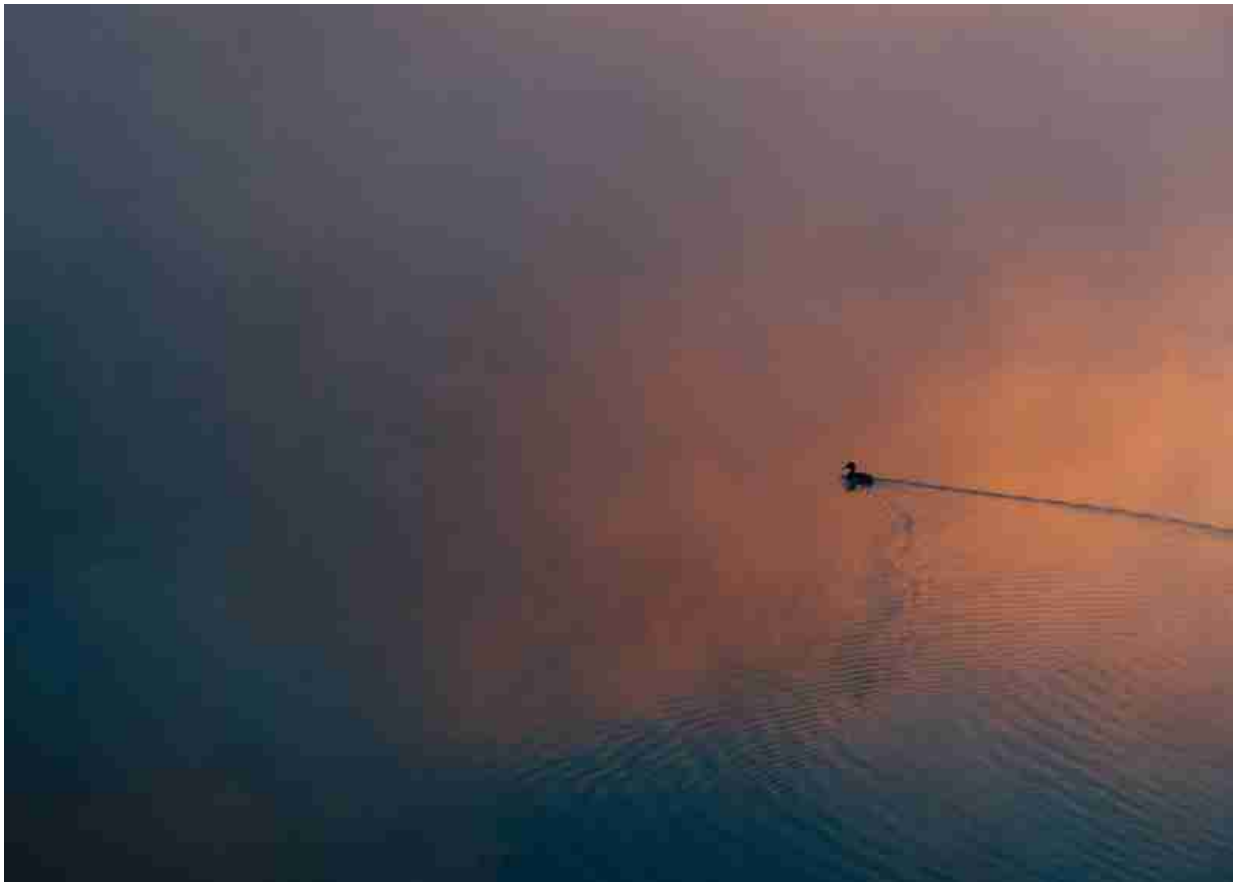
All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Heart Of The Universe (2016-04-13 05:42)



The heart of the universe.

Beats as your heart.

Beats as the heart of all that is.

Loving itself.

Unconditionally.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

OK Like This (2016-04-13 07:27)



You've learned that you need to be better.

That you don't quite measure up.

That you need to behave properly.

Do the right thing.

Have everything under control.

And be happy.

What you basically learned.

Is that you're not good enough.

The way that you are right now.

But what makes you the way that you are right now?

Right now.

You're an expression.

Of this one infinite creative universal energy.

This is all you can ever be.

You can never be more.

Than the expression of this infinite energy.

That you are right now.

And that's OK.

It's all OK like this.

Everything is an expression.

Of this one infinite creative universal energy.

This one infinite energy.

Is being.

And doing.

Everything.

Right now.

In this very moment.

This is just one infinite seamless happening.

And you're included in this.

Exactly as you are.

Take a look for yourself.

It's all OK like this.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This ultimate creative universal energy.

That is expressing itself as everything.

That is being and doing everything.

Right now.

Is inconceivable.

Ungraspable.

Unknowable.

If everything that exists.

Broken down into it's most basic components.

Is made of some kind of energy.

A basic energy.

That is the substance of everything.

Then this ultimate creative universal energy.

Is being and doing that basic energy.

To call this anything at all.

Is ridiculous.

This is more like an infinite ocean of nothingness.

That cannot really be named.

Inconceivable.

Ungraspable.

Unknowable.

But with the absolute power.

To express itself.

As all that exists.

Effortlessly.

Perfectly.

Right now.

In this very moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

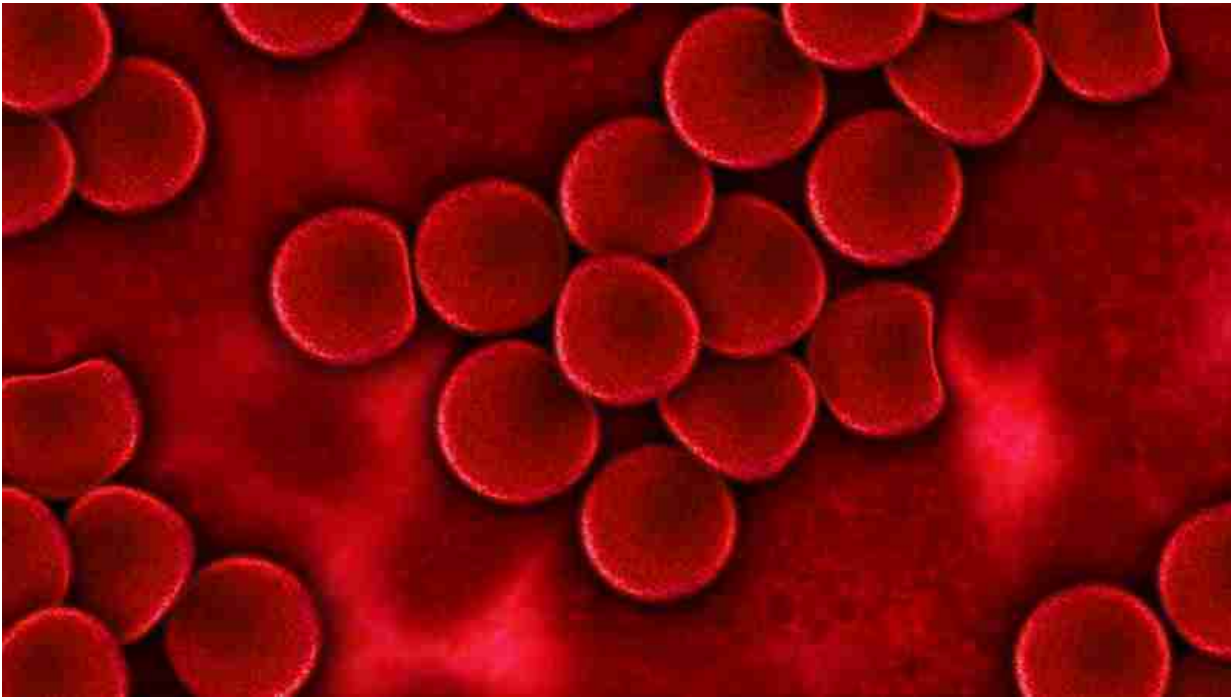
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



How do you destroy cells in your body when you are asleep?

How are you doing it right now?

How do you create new cells in your body when you are asleep?

How are you doing it right now?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Whatever Is Happening (2016-04-13 14:47)



This is simply.

Whatever is happening.

Right now.

In this moment.

This expression.

Of this one infinite creative universal energy.

That is being and doing everything.

Absolutely everything.

This.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What Is There To Do? (2016-04-13 15:45)



All you can ever do.

Is be this expression.

Of this one infinite creative universal energy.

That you are.

Right now.

In this moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



What a pile of crap!

Don't go around telling anyone.

What they should be.

If you can help it.

Telling someone.

Not to worry and be happy.

Is obviously meant well.

But it's misleading.

Assuming that you shouldn't worry.

Assuming that you should be happy.

Is a prison.

All you and anyone else can ever be.

Is this expression.

Of this one infinite creative universal energy.

That you are right now.

Sometimes that may be an expression of worrying.

Sometimes an expression of not worrying.

Sometimes that may be an expression of feeling happy.

Sometimes an expression of not feeling happy.

All you and anyone else can ever be.

Is this expression.

Of this one infinite creative universal energy.

That you are right now.

So simply be whatever you are.

Whatever that may be.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are an expression.

Of this one infinite creative universal energy.

Right now.

In this very moment.

This one infinite energy.

Is being you.

And doing you.

Right now.

This is being and doing everything.

This is absolute validation.

This is unconditional love.

This is total acceptance.

Right here.

Right now.

Always.

No matter what.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Absolutely Uniquely The Same (2016-04-14 07:15)



Everyone and everything.

Is an absolutely unique expression.

Of this one infinite creative universal energy.

This one infinite energy.

Is being and doing everything.

All there is, is this one infinite energy.

Expressing itself.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Perfection That You Hate (2016-04-14 09:52)



Everything.

Is an expression.

Of this one infinite creative universal energy.

Everything is this perfection.

Even the things you hate.

Even your feeling of hating something.

Everything.

Is an expression.

Of this one infinite creative universal energy.

Everything is this perfection.

Absolutely everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Present Everywhere (2016-04-15 04:20)



This one infinite creative universal energy.

Is present everywhere.

At all times.

As everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



How do you grow your fingernails when you are asleep?

How are you doing it right now?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Fact That You Exist (2016-04-15 04:49)



The fact.

That you exist.

Is not your doing.

And that's a fact.

What does anything do.

To be?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Is That A Fact? (2016-04-15 05:38)



Is this big happening.

Happening right now?

Is that a fact?

Could anything convince you.

That this is not happening?

Do you exist right now?

Are you happening right now?

Is that a fact?

Could anything convince you.

That you don't exist?

That you're not happening?

Is anybody doing any of this?

This big happening, happening right now.

This happening that you are, happening right now.

Or is it all just happening by itself?

What happens.

If you make no effort at all?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Even scientists.

Will tell you.

That everything.

Is made of the same.

Stuff.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

It Doesn't Matter (2016-04-15 10:42)



It doesn't matter.

What you are.

Right now.

How you are.

Right now.

You are always.

An expression.

Of this one infinite creative universal energy.

Happening all by itself.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Way You Are (2016-04-15 12:34)



This is not about.

Becoming.

Anything different.

To the way you are.

Right now.

This is not about.

Becoming better.

Happier.

More relaxed.

Or more anything.

This is about being.

Whatever you are.

Right now.

This perfect expression.

Of this one infinite creative universal energy.

That you already are.

That everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You And Everything Else (2016-04-15 17:57)



You.

And everything else.

Are an expression of THIS.

THIS will express.

Whatever THIS expresses.

You have no choice.

Nothing has a choice.

About what gets expressed.

What should you do?

Simply be expressed.

In whatever way you're being expressed.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Dream Weaver (2016-04-18 07:48)



How do you create your dreams when you are asleep at night?

How do you create your daydreams when you are awake?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

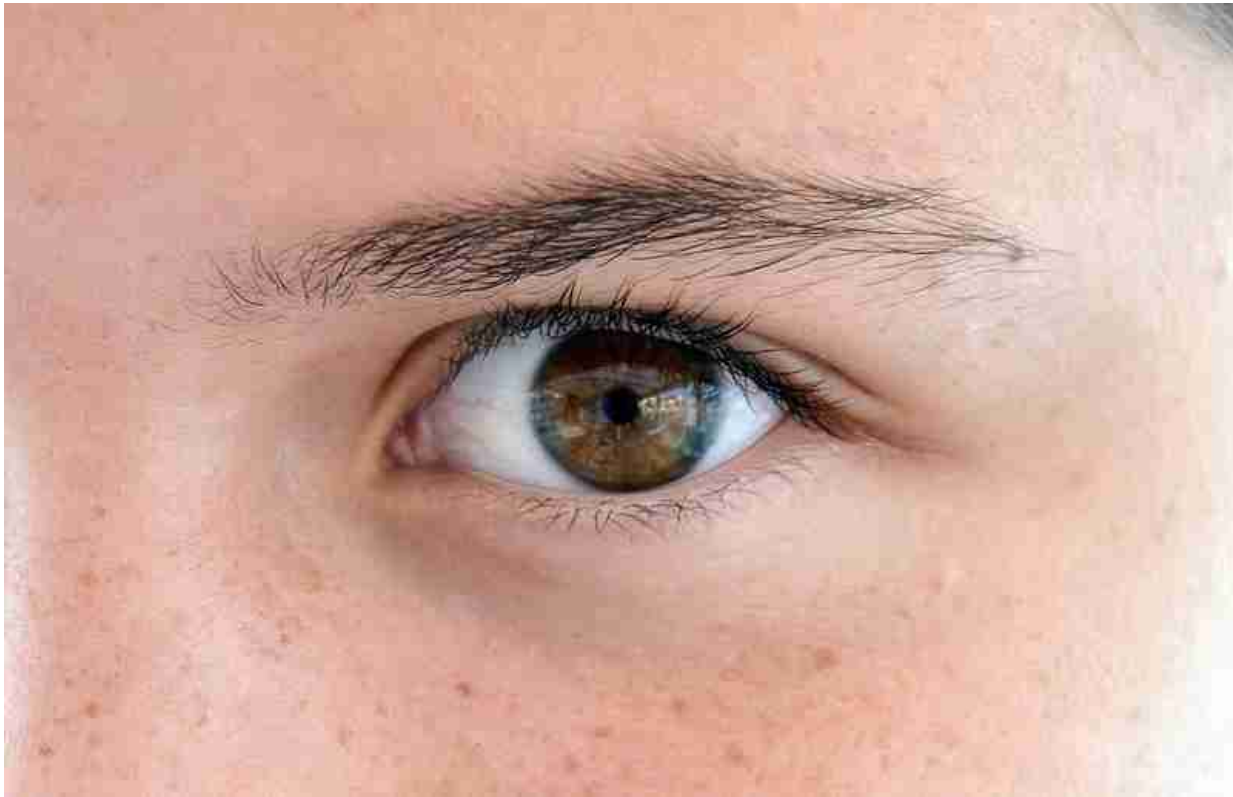
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Did you decide on the colour of your hair?

The colour of your eyes?

The shape of your face?

Your height?

The sound of your voice?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Beautiful Presentation (2016-04-19 05:23)



Just look at this.

Beautiful presentation.

This perfect display.

Of everything.

Happening all by itself.

Right now.

Without anybody doing any of it.

The magic.

The wonder.

The beauty.

Of THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Always Right Here (2016-04-19 05:44)



Here it is.

This.

Right here.

Right now.

Everywhere.

This expression.

Of this one infinite creative universal energy.

Happening all by itself.

Breath coming and going.

Heart beating.

Seeing and hearing.

Smelling and tasting.

Feelings and sensations.

Thoughts.

Impulses and urges.

And everything else.

Happening in this moment.

So intimate.

So everything.

Intimately infinite.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Intimate Infinity (2016-04-19 07:44)



This intimate infinity.

This happening right now.

So tiny, fragile and intimate.

So immense, powerful and infinite.

Everything included.

Nothing excluded.

This one flowing expression.

Of this one infinite happening.

Happening all by itself.

Perfectly.

Without anybody doing any of it.

Right here.

Right now.

Always.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Enlightened Ladybird (2016-04-19 09:19)



A ladybird.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

Being ladybird.

Doing ladybird.

And this is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Truth (2016-04-19 16:39)



It's just this.

That's happening right now.

Whatever that is.

However that's experienced.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



The freedom.

That can be discovered.

In this.

Is that everything is included.

Every possible thing.

Every possible experience.

Is an expression.

Of this one infinite creative universal energy.

This infinite energy.

Is being and doing everything.

Absolutely everything.

Right now.

No matter what is happening.

No matter what is being presented.

No matter how this is being experienced.

Not one single thing is out of place.

Everything is included.

In this one infinite seamless happening.

Happening right now.

This is all inclusive.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Do you exist right now?

Is that an undeniable fact?

Is that your doing?

Is that an undeniable fact?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Everything, Everywhere (2016-04-20 05:38)



No description of this.

Is enough.

Because this is.

Everything.

Everywhere.

Right now.

In this moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Is (2016-04-20 05:45)



This is.

And this is nobody's doing.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You think you have to get somewhere.

You think you have to understand something.

You think something has to change.

You think something has to fall away.

But this is it.

This right now.

This that is happening.

Right here.

Right now.

This one infinite seamless happening.

That includes everything.

Is this expression.

Of this one infinite creative universal energy.

Exactly the way it is.

You never left home.

You don't need to understand.

Nothing needs to change.

Nothing needs to fall away.

This is it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Existence (2016-04-20 06:40)



Nothing that exists.

Is making itself exist.

Nothing.

Everything is an expression of.

And existing in and as.

This one infinite creative universal energy.

This Absolute.

This Brahman.

This God.

This Mother Nature.

This Power.

This Force.

This Life.

This Existence.

Whatever you want to call it.

This is all there is.

This one infinite seamless happening.

Happening right now.

All by itself.

Without anybody doing any of it.

What does anything do.

To be?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Whatever You Are (2016-04-20 15:02)



Whatever you are.

Right now.

Is really not important.

What is important.

Is that no matter what you are.

You are an expression.

Of this one infinite creative universal energy.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What If? (2016-04-21 05:26)



What if everything is already perfect.

Exactly as it is.

Right now?

What if everything is simply an expression.

Of this one infinite universal energy.

Happening right now?

What if there has never been a single mistake.

Ever made.

Anywhere?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



In the midst.

Of a powerful.

Unpleasant.

Uncomfortable.

Feeling or emotion.

You may get the chance to ask.

If you created that feeling or emotion.

Or if it is simply being expressed.

Right now.

If there is resistance happening.

You may get the chance to ask.

If you created that resistance.

Or if it is simply being expressed.

Right now.

Everything is an expression.

Of this one infinite creative universal energy.

Happening right now.

Everything.

Even that powerful negative feeling or emotion.

Even the strong resistance to it.

Is a direct experience.

An intimate experience.

Of this one infinite creative universal energy.

That is being and doing.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Moment Is (2016-04-21 07:46)



This moment simply is.

This moment is nobody's doing.

No matter what is happening.

It is all happening by itself.

This is all an expression.

Of something greater.

That is being and doing everything.

This one infinite seamless happening.

Happening right now.

In this moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Something Greater (2016-04-21 08:13)



Whatever name you try to give this.

Whatever way you try to describe this.

This that is being and doing everything.

Is something greater.

Everything is an expression.

Of something far far greater.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



All you can ever be.

Is however you're being expressed.

Right now.

Nothing more and nothing less.

And that's perfect.

Because that's the expression of THIS.

THIS that expresses itself as the whole universe.

And everything in it.

Exactly the way it is.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS is expressing itself.

As everything.

Exactly the way it is.

As you.

Exactly the way you are.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

All That You Are (2016-04-24 05:33)



All that I am.

Is what this infinite everything is expressing itself as.

Right now.

In this moment.

I am all that I can possibly be.

All that you are.

Is what this infinite everything is expressing itself as.

Right now.

In this moment.

You are all that you can possibly be.

And this is exactly the way.

This is all supposed to be.

Right now.

In this moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

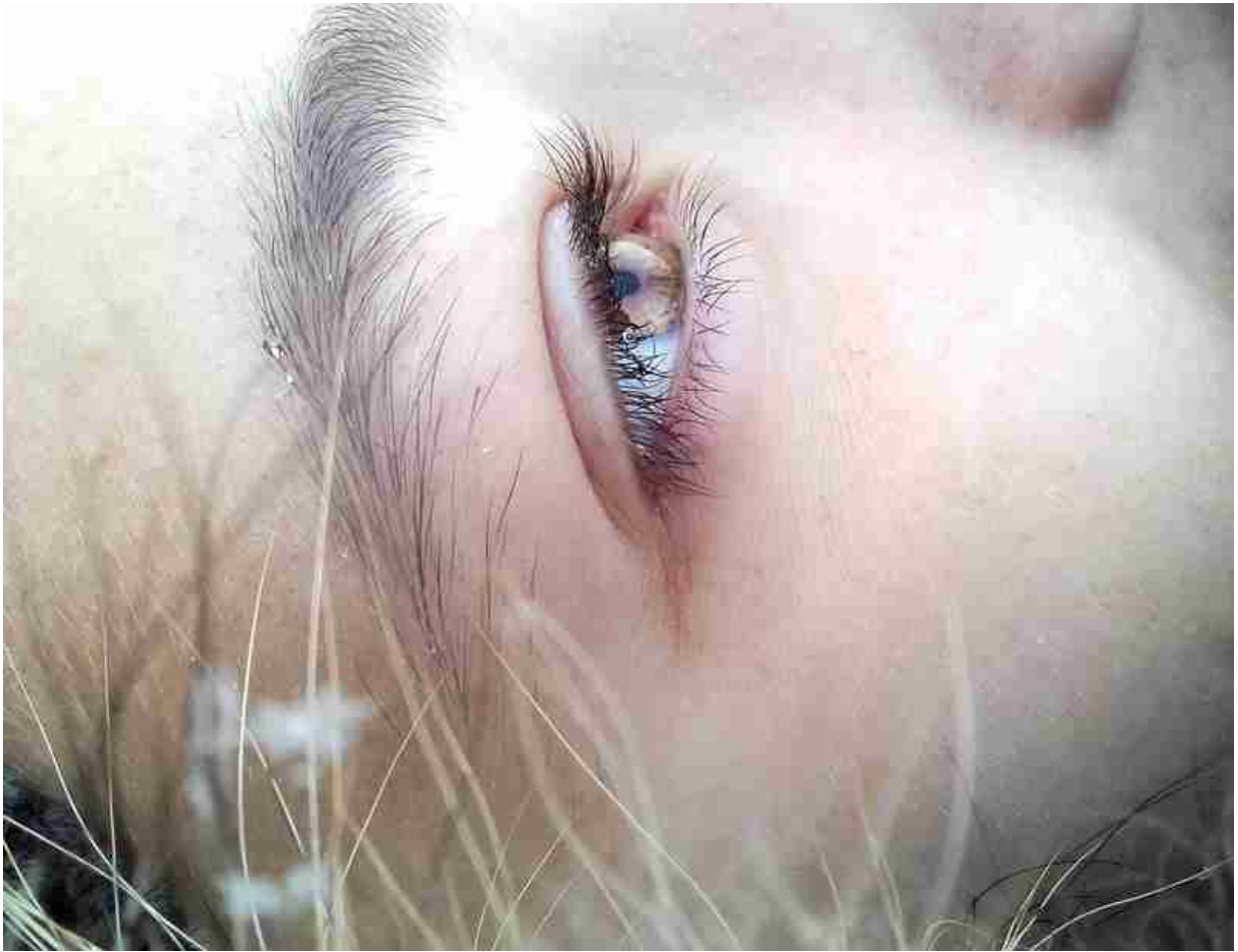
All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Every Thought (2016-04-25 06:41)



Every thought.

That arises.

Is an expression.

Of this one infinite creative universal energy.

Every good thought.

Every bad thought.

Every positive thought.

Every negative thought.

Every thought about a someone.

Who is thinking.

Is this infinite everything.

Expressing itself.

As thoughts.

Where do thoughts come from?

How do they happen?

Are you creating your thoughts?

If you think you are.

Then how exactly do you create a thought?

How do you think a thought?

Thoughts are an expression.

Of this infinite everything.

You are not creating your thoughts.

You are not responsible for them.

This is the freedom that can be discovered.

Right now.

Even in the midst.

Of a barrage of negative thoughts.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

There Is No You (2016-04-25 06:51)



There is no you.

Because all there is.

Is this one infinite creative universal energy.

This infinite everything.

Expressing itself.

As you.

As everything.

Right now.

In this very moment.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What Should Be (2016-04-26 06:14)



The search.

Is for what you think.

Should be.

How you think you.

Should be.

But what is.

Right now.

Is what should be.

How you are.

Right now.

Is what should be.

Everything.

Is.

Already.

What should be.

Right now.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

If It's Here, Now (2016-04-26 06:20)



If it's here, now.

If it's happening.

Then it's an expression of this.

This one infinite creative universal energy.

This infinite everything.

Doubt.

Fear.

Shame.

Frustration.

Anger.

Sadness.

All of it.

Everything.

If it's here, now.

If it's happening.

Then it's an expression of this.

This one infinite creative universal energy.

This infinite everything.

And it's exactly as it should be.

If you were choosing to feel what you feel.

If you were choosing to think what you think.

If you were choosing to experience what you experience.

Why would you choose these painful things?

Why would you choose to suffer?

None of this is your choice.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Everything Already (2016-04-26 06:25)



Everything.

Already is.

A perfect expression.

Of this one infinite universal energy.

This infinite everything.

Is expressing itself.

As all of this.

Perfectly.

Already.

This is where the search can end.

Right here.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Greatest Power (2016-04-26 09:31)



This is the greatest power.

In the entire universe.

Expressing itself.

As everything.

You do not have this power.

This power is what you are.

This power is being and doing.

Everything.

Right now.

This power enables your very existence.

This enables the existence of everything.

This power is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Not Your Doing (2016-04-26 10:19)



Your existence.

Is not your doing.

None of this.

Is your doing.

None of this.

Is anybody's doing.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

As It Is (2016-04-27 05:47)



All of this.

Is simply.

As it is.

Right now.

In this moment.

This is all this can be.

This is perfection.

A perfect expression.

Of this infinite everything.

This one infinite creative universal energy.

This one infinite seamless happening.

Expressing itself as all of this.

All by itself.

Right now.

Excluding nothing.

Including everything.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

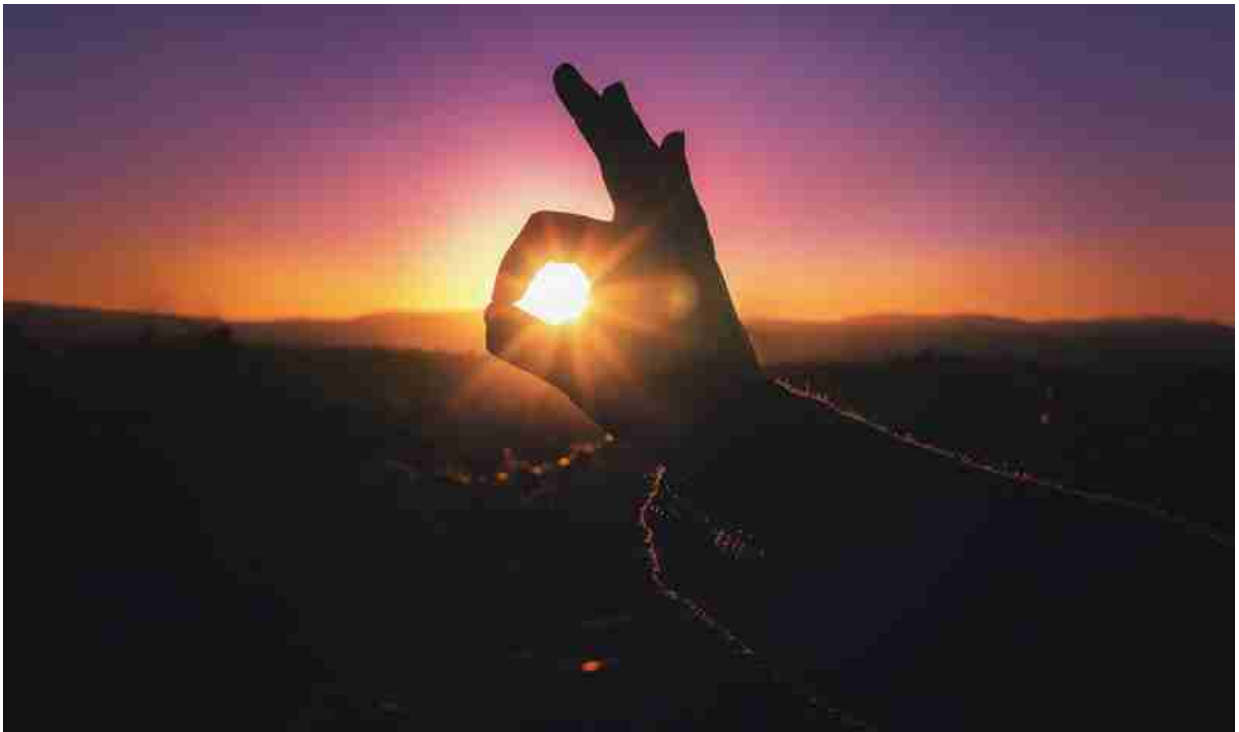
All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Before, During And After (2016-04-27 06:48)



You are a perfect expression.

Of this infinite everything.

This one infinite creative universal energy.

Before you do anything.

While you are doing anything.

After you do anything.

Anything at all.

At all times.

In all situations.

Under all circumstances.

You are a perfect expression.

Of this infinite everything.

This one infinite creative universal energy.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Enlightened Cockroach (2016-04-27 06:53)



A cockroach.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

Being cockroach.

Doing cockroach.

And this is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is my sanctuary.

Where I am free to be.

Whatever I am.

However I am.

In this moment.

Where there is nothing to achieve.

Nothing to find.

Nothing to get.

Other than this that is happening.

Exactly the way it is happening.

Right now.

This is the home.

That I have searched for.

That I have longed for.

This is the home.

That I never left.

This is my sanctuary.

Right here.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

All At The Same Time (2016-04-28 06:33)



This infinite everything.

This one infinite creative universal energy.

Is expressing itself.

As everything that is.

All at the same time.

Right now.

In this very moment.

This includes you.

This infinite everything.

This one infinite creative universal energy.

That is expressing itself.

As the sun, the stars, the planets.

All the animals, birds, plants and insects.

All at the same time.

Is expressing itself.

As you too.

Right now.

In this very moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Belonging (2016-04-28 06:51)



You are an integral.

Aspect of the universe.

Everything is.

Exactly as it is.

Right now.

It is your birthright.

To be exactly as you are.

In this moment.

Nothing more.

Nothing less.

Everything is an expression.

Of this infinite everything.

This one infinite creative universal energy.

Right now.

This is your place in the whole.

This is where you belong.

Exactly as you are.

Right here.

Right now.

In this very moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Come back.

To the basic facts.

Of this moment.

If you can.

Do you exist right now?

Is that your doing?

What are you doing to be.

This happening that you are right now?

Take a look around you.

Take a look out the window.

What is any of this doing to be.

Whatever it is right now?

Is the existence of a tree.

The doing of that tree?

Is the existence of a bird.

The doing of that bird?

Is the existence of a rock.

The doing of that rock?

Do you exist right now?

Is that your doing?

What are you doing to be.

This happening that you are right now?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Are Not Worth Less (2016-04-29 05:42)



You are not worth less.

Than the most precious of things.

In all of existence.

You are not worth more.

Than the most useless of things.

In all of existence.

Everything is an expression.

Of this one infinite creative universal energy.

This infinite everything.

Expressing itself as all of this.

Right now.

This is your true value.

This is the true value of everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

1.4 May



Your present experience.

This that is happening.

Right now.

Right where you are.

No matter what that is.

Is the expression.

Of this one infinite creative universal energy.

This infinite everything.

Expressing itself.

As this.

Your present experience.

You are not choosing or controlling.

Your present experience.

This is an expression of this one energy.

Just the same as everything else.

Everywhere.

This that is expressing itself.

As the entire universe.

Is expressing itself.

As you.

And your present experience.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are this human organism.

This is what you are.

But the question is.

What is this human organism.

That you are?

All that is happening here.

In this one infinite seamless happening.

Happening right now.

All by itself.

Is a play of energy.

This one infinite expression of energy.

This human organism.

That you are.

Is an expression of this same energy.

A smaller expression.

Within this greater expression.

Of this one energy.

Everything that is.

Is an expression.

Of this same energy.

This infinite everything.

Expressing itself as all this.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Take a look around.

If you can.

At all of this amazing diversity.

This infinite power and intelligence.

Expressing itself.

As all of these different things.

Each one completely unique.

But each one an expression.

Of this same infinite power and intelligence.

Ask yourself.

If you can.

What these different things are doing.

To be what they are right now.

What you are doing.

To be what you are right now.

Everything is an expression.

Of this one infinite creative universal energy.

Expressing itself.

As this one infinite seamless happening.

Happening right now.

Including everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This one infinite creative universal energy.

Is expressing itself.

As everything.

Right now.

This expresses itself as.

The tiniest, most insignificant things.

As well as.

The largest, most important things.

Everything is significant.

Everything is important.

This infinite everything.

Expresses itself as all of this.

Nothing is excluded.

Nothing at all.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Never Wrong (2016-05-02 11:17)



The way that you are.

Right now.

Is like the blueness of the sky.

The brightness of the sun.

The wetness of the rain.

The coldness of the snow.

It doesn't matter how you are.

Right now.

You are an expression.

Of this one infinite creative universal energy.

Just like the sky.

Just like the sun.

Just like the rain and snow.

Just like everything else that exists.

You are never wrong.

Nothing ever is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Already (2016-05-03 08:51)



There is nothing to become.

Other than this that you are.

Right now.

In this moment.

You are already an expression.

Of this one infinite creative universal energy.

A perfect expression.

Exactly as you are.

Right now.

You always have been.

And you always will be.

Despite any apparent changes.

Despite any apparent becomings or unbecomings.

This is all you can ever be.

This expression.

This perfect expression.

Of this infinite everything.

That you are.

Right now.

In this moment.

This expression.

That you are not choosing or controlling.

That you will never get to choose or control.

There is nothing to achieve.

There is nothing to get.

Other than this that is happening.

Right now.

This has always been the case.

This has always been perfect.

This perfect expression.

Of this one infinite creative universal energy.

That is expressing itself.

As everything.

Right now.

In this moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Are you in control.

Of the things that control.

Your life?

Thoughts, feelings, impulses and urges.

Control and move.

Your life.

But do you control.

Thoughts, feelings, impulses and urges?

How do you create a thought?

How do you think a thought?

How do you create a feeling?

How do you feel a feeling?

How do you create an impulse or urge?

How do you follow an impulse or urge?

Are you in control.

Of the things that control.

Your life?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Only This Is (2016-05-03 09:49)



Only this is.

This one energy.

This one power.

This one force.

Expressing itself.

As everything.

This energy is what I am.

This energy is what you are.

This energy is what everything is.

This infinite everything.

Right now.

Only this is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Is What I Am (2016-05-03 10:18)



This.

Is.

What I am.

What you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Be Sure (2016-05-04 07:39)



Be sure.

If you can.

That whatever is happening.

Right now.

Is exactly what is supposed to be happening.

This.

Right now.

Is an expression.

Of this one infinite creative universal energy.

This infinite everything.

Is expressing itself.

As this one infinite seamless happening.

That includes absolutely everything.

This makes no mistakes.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Confused And Suffering (2016-05-04 07:43)



You imagine.

That you are confused and suffering.

Because there is something.

That you still need to understand.

That you still need to get.

Or that you still need to lose.

But this is not the case.

You are confused and suffering.

Because you are supposed to be.

Confused and suffering.

Right now.

This infinite everything.

Is expressing itself.

As you.

This infinite everything.

Is expressing itself.

As your confusion and suffering.

You have no say.

In this expression.

That you are.

But no matter what you are.

How you are.

Or what is happening.

This is never wrong.

This is all an expression.

Of this one infinite creative universal energy.

That is expressing itself.

As the entirety of existence.

This is all as it should be.

This is all absolute perfection.

Even if you don't like it.

Even if it feels terrible.

This is just what is.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Everywhere (2016-05-04 08:08)



There is nowhere.

That you won't find this.

This is everywhere.

This is everything.

This is at the edge of the known universe.

This is the whole universe.

This is between the rings of Saturn.

This is Saturn.

This is at the top of a mountain.

This is the mountain.

This is between the branches of a tree.

This is the tree.

This is under the wing of a bird.

This is the bird.

This is at the corner of your eye.

This is your eye.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This But Not That (2016-05-05 06:33)



You somehow have the idea.

That this is this.

But not that.

Positive.

But not negative.

Comfort.

But not discomfort.

Peace.

But not suffering.

But in truth this is everything.

Everything is an expression.

Of this one infinite creative universal energy.

Absolutely everything.

There are no exceptions.

Even the sense of being a separate person.

Disconnected from existence.

Responsible for itself.

Not good enough.

Alone.

Wrong.

Unloved.

Even this is an expression.

Of this one infinite creative universal energy.

Happening all by itself.

Without anybody doing any of it.

Your deepest, darkest moments of suffering.

Your brightest, most blissful moments of ecstasy.

Everything is an expression of this.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Sun Shining (2016-05-05 08:06)



Everything that exists.

Everything that is happening.

Everything that is being expressed.

Right now.

In this moment.

Is as valid.

Is as correct.

As the sun shining.

This that is being and doing the sun.

Is being and doing everything.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Wrong Thought (2016-05-05 08:47)



There has never been.

A wrong thought.

A wrong feeling.

A wrong anything.

And there never will be.

Ever.

This never makes mistakes.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

I Am Alive (2016-05-05 09:14)



I only exist.

Because it is God's will.

That I exist.

I am only alive.

Because it is God's will.

That I am alive.

I am only the way I am.

Because it is God's will.

That I am the way I am.

God.

This infinite everything.

This one infinite creative universal energy.

That is expressing itself.

As all that is.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Unconditional Being (2016-05-06 07:21)



This is unconditional being.

Unconditional acceptance.

Unconditional love.

Unconditional freedom.

This one infinite creative universal energy.

Expressing itself as everything.

Right now.

Everything included.

Nothing excluded.

In this one infinite seamless happening.

Everything an expression.

Of this one infinite creative universal energy.

This is unconditional being.

Simply this.

As it is.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



None of this.

Is your creation.

Not one single thing.

Everything is an expression of.

This one infinite creative universal energy.

You are not creating any of this.

You are not causing any of this.

If you were creating it.

Why the hell would you make it.

Uncomfortable.

Painful.

Upsetting.

Frustrating.

Confusing.

Why?

None of this.

Is your creation.

Not one single thing.

Everything is an expression of.

This one infinite creative universal energy.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

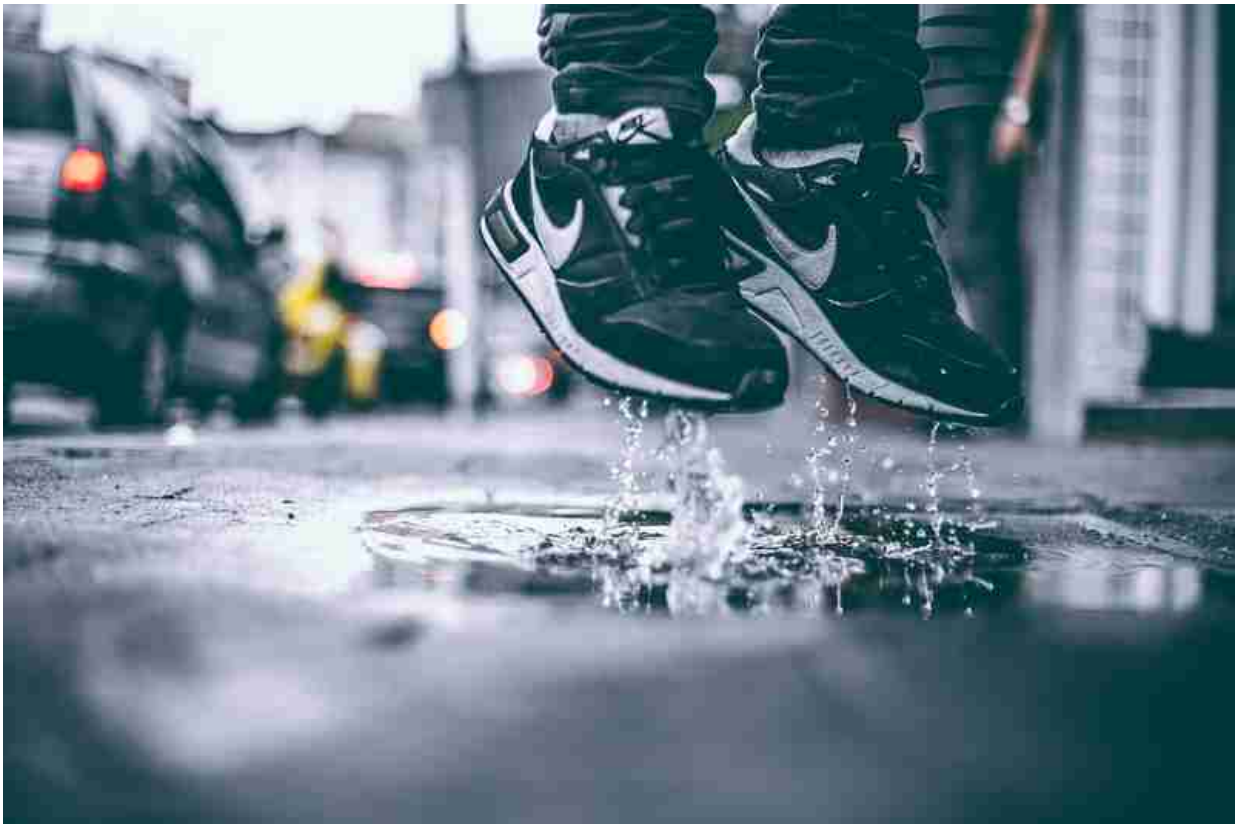
All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Human Happening (2016-05-08 08:09)



You are this human experience.

This entire human being.

This human happening.

That is happening right now.

All by itself.

Without anybody doing any of it.

This includes this particular human body.

This includes these particular thoughts.

This includes these particular feelings.

This includes this particular way of being.

This includes the experiencing of all these things.

The awareness of all these things.

You are this human experience.

This entire human being.

This human happening.

An expression.

Of this one infinite creative universal energy.

That is expressing itself as everything.

In this one infinite seamless happening.

This that is happening right now.

All by itself.

Without anybody doing any of it.

You are this human expression of this infinite universal energy.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Enlightened Rose (2016-05-09 07:45)



A rose.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

Being rose.

Doing rose.

And this is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Blue Sky, Bright Sun (2016-05-09 07:48)



Blue sky.

Bright sun.

Gentle breeze.

Lavender swaying.

All an expression.

Of this.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything is simply being.

Whatever it is.

In its own way.

In its own time.

On its journey.

From one moment.

To the next.

Everything is an expression.

Of this one infinite creative universal energy.

This infinite everything.

Expressing itself.

As all that is.

This one infinite seamless happening.

Always flowing.

Always moving and changing.

From one moment.

To the next.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

So Simple, So Amazing (2016-05-10 08:26)



Only this moment.

Right now.

Only what's happening.

Right now.

All of this.

Everything.

Is an expression.

Of this one infinite creative universal energy.

This infinite everything.

Being and doing.

All of this.

Everywhere.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Shouldn't (2016-05-10 08:44)



This is the way this one infinite creative universal energy.

Is expressing you.

Is expressing itself as you.

In this very moment.

You are absolute perfection.

Exactly as you are.

You shouldn't be better.

You shouldn't be happier.

You shouldn't be nicer.

You shouldn't be more understanding.

You shouldn't be more compassionate.

You shouldn't be more forgiving.

You shouldn't be more intelligent.

You shouldn't be prettier.

You shouldn't be braver.

You shouldn't be more confident.

You shouldn't be calmer.

You shouldn't be like everyone else.

You should be exactly as you are.

Right now.

This is the way this one infinite creative universal energy.

Is expressing you.

Is expressing itself as you.

In this very moment.

You are absolute perfection.

Exactly as you are.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What Isn't Broken (2016-05-10 10:21)



There's no need to fix.

What isn't broken.

The whole search.

Is an attempt to fix yourself.

An attempt to get something.

That will make you OK.

But what you might realise.

Is that you were never broken.

You never needed fixing.

How can an expression.

Of this that expresses itself.

As the entire universe.

Be broken?

How could you be a wrong expression of this?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is no right.

There is no wrong.

There is only what is.

Only what is happening.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

United In This Moment (2016-05-10 10:55)



Everything.

Is united.

In this moment.

Each an expression.

Of this one infinite creative universal energy.

This one infinite seamless happening.

Happening right now.

In this moment.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything is an expression.

Of this one infinite creative universal energy.

This is the perfection of everything.

Nothing exists independently.

The existence of a thing.

Is not the doing of that thing.

Your existence is not your doing.

Everything is an expression.

Of this one infinite creative universal energy.

This is the perfection of everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Shining Like The Sun (2016-05-12 06:16)



There's no reason.

No need.

To attain or achieve.

Anything.

Other than this that is happening.

Right now.

And you don't need to achieve what's happening.

Right now.

Because it's already happening anyway.

All by itself.

Without anybody doing any of it.

Everything is an expression.

Of this one infinite creative universal energy.

This infinite energy is being and doing everything.

Including you.

You are an expression.

Of this one infinite creative universal energy.

Your existence is not your doing.

Is it?

What are you doing to be what you are right now?

What is anything doing to be what it is right now?

Everything is a perfect expression.

Of this one infinite creative universal energy.

Exactly as it is.

Right now.

No matter what.

This is where your imagined need to become something better.

Can fall away.

And you can stand in this moment exactly as you are.

Shining like the sun.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Nothing need change.

Everything can change.

It is constantly changing.

All by itself.

Everything is an expression.

Of this one infinite creative universal energy.

This infinite everything.

Expressing itself.

As all that is.

Being and doing everything.

Right now.

In this very moment.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Will Of God (2016-05-13 07:25)



This very happening.

Of this very moment.

Right now.

Exactly as it is.

No matter what it is.

Is the will of God.

Is an expression.

Of this one infinite creative universal energy.

Your very existence.

In this very moment.

Right now.

Exactly as you are.

No matter what you are.

Is the will of God.

Is an expression.

Of this one infinite creative universal energy.

Everything is an expression of this.

Everything is the will of God.

Everything is this perfection.

Already.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nature (2016-05-14 12:25)



Looking at nature.

Will tell you.

A lot about yourself.

A starry night sky.

Long grass swaying in the wind.

A flock of birds flying.

Across the setting sun.

How do any of these things exist?

Everything is an expression.

Of this one infinite creative universal energy.

Just the same as you are.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

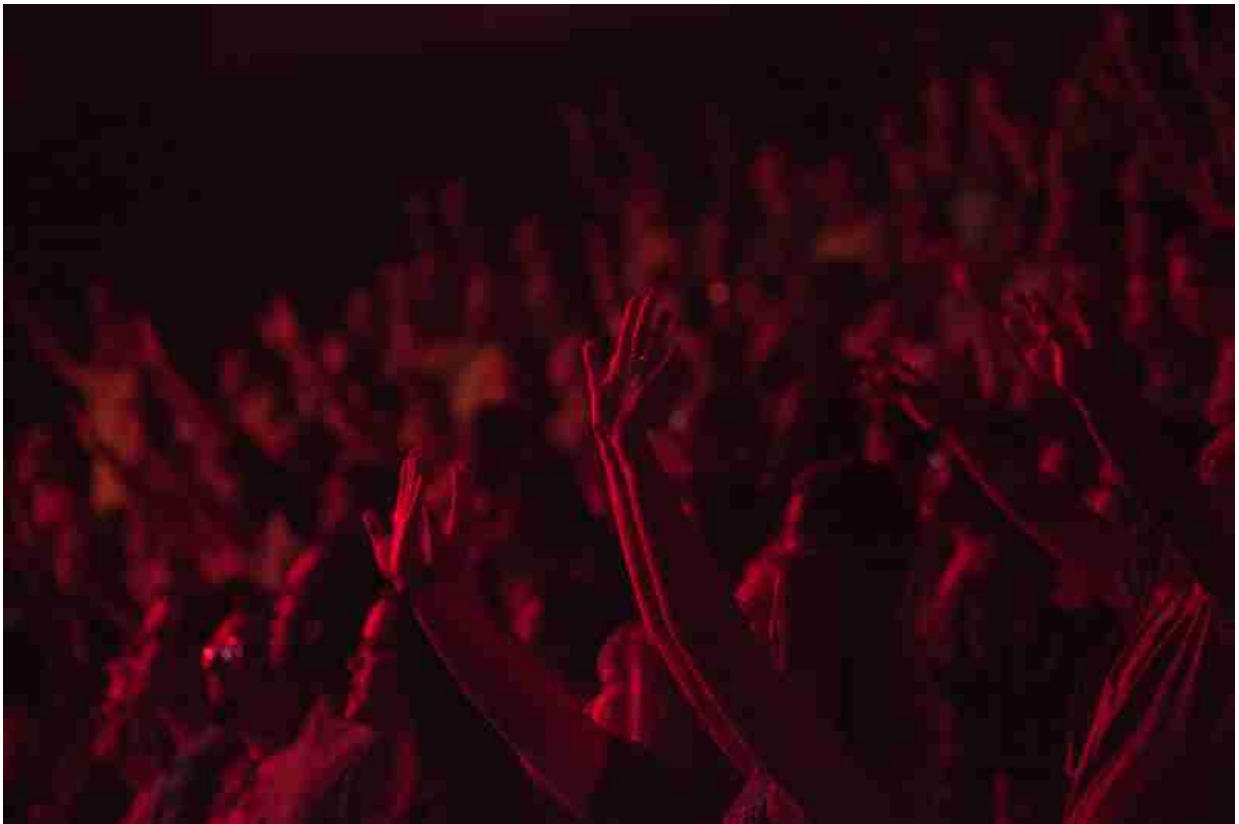
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



It's all part of the dance.

All of it.

And everyone's invited.

Bring your greatest achievements.

Bring your worst failures.

Bring your sadness.

Bring your joy.

Come just as you are.

Right now.

Everything is an expression.

Of this one infinite creative universal energy.

It's all part of the dance.

This one infinite seamless happening.

This dance of Life.

And everyone's invited.

Everyone.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Real Love (2016-05-16 11:18)



You are loved.

Exactly as you are.

Right now.

Unconditionally.

The greatest power.

In the universe.

The source of all that is.

Is expressing itself.

As you.

Right now.

This is how loved you are.

Exactly as you are.

In this very moment.

Always.

In case you don't believe it.

If you can.

Ask yourself if you exist.

Ask yourself if that's your doing.

Is your existence your doing?

You are loved.

Exactly as you are.

Right now.

Unconditionally.

Everything is.

—

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Once upon a time.

You came to be.

Who formed that tiny body?

Made all those fingers and toes?

Who gave you eyes to see?

And ears to hear?

Who or what created you?

For want of a better word.

You might like to say.

This "ultimate creative universal energy".

This creator of everything.

All there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Very Breath (2016-05-17 07:46)



This very breath.

This very heartbeat.

This very thought.

This very impulse or urge.

This very feeling.

This very sensation.

This very action.

Happening right now.

Is an expression.

Of this one infinite creative universal energy.

This infinite everything.

Expressing itself.

As all of this.

How do these things happen?

How do they come to be?

Everything happening right now.

All that is right now.

Is an expression.

Of this one infinite creative universal energy.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is unconditional being.

Where everything is included.

This is all encompassing.

Not one single thing is excluded.

Everything that is.

Is an expression.

Of this one infinite creative universal energy.

Absolutely everything.

All that exists.

Everything that is.

Is an integral happening.

Within this one infinite seamless happening.

Happening right now.

All by itself.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There are not two.

All there is, is this.

Right now.

This one infinite seamless happening.

This one infinite creative universal energy.

Expressing itself.

As all of this.

Everything.

All that can ever be.

Is this expression.

As it is.

Right now.

And this is always changing.

There is nothing to get.

There is nothing to achieve.

That is anything other than.

Whatever is happening right now.

All you will ever get.

Is whatever is happening.

Right now.

Whatever is being expressed.

In this very moment.

Always.

And this is already happening.

All by itself.

There is nothing to become.

There is nothing to fall away.

You are already the perfect expression.

Of this one infinite creative universal energy.

Right now.

Exactly as you are.

In this very moment.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nobody (2016-05-20 06:03)



You can be sure.

That whatever is happening.

Right now.

Is not being manifested.

By a somebody.

Nobody is creating or controlling.

Any of this.

This is all happening by itself.

This is all an expression.

Of this one infinite creative universal energy.

This infinite energy.

Is being and doing everything.

Expressing itself.

As all that is.

There is no you that can control this expression.

There is no you that can decide what is being expressed.

There is only this expression.

Of this one infinite creative universal energy.

Happening right now.

There is a human happening here.

That you are.

There are billions of human happenings here.

But there are no separate somebodies.

Every human happening is an expression.

Of this infinite energy.

Exactly as it is.

All there is, is this expression.

Of this one infinite creative universal energy.

This one infinite seamless happening.

Happening right now.

Always.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Moving Your Finger (2016-05-20 11:33)



Do it now.

Move your finger.

Try it.

It seems obvious.

It seems so easy.

You decided to move your finger.

Or not.

And you did it.

Or you didn't.

But this is the illusion.

This is "The Master" at work.

Right here, right now.

Because how did you do it?

How did that just happen?

The words were read.

And an impulse arose.

To move your finger.

Or not to move it.

But how did the words.

Cause an impulse to arise?

How did one lead to the other?

Which part of that were you controlling?

How did you create the impulse.

To move your finger?

Or not to move it?

How did it progress from an impulse.

To move your finger.

To the beginning of the process required.

To actually move your finger?

Which part of that were you controlling?

How did you act on the impulse?

How did you decide which finger to move?

How did you actually move your finger?

Which muscle cells did you tell to contract?

How did you tell them to contract?

Which part of that were you controlling?

It's a ridiculous assumption.

That's been made.

That you could be doing.

Something as complex.

As running your life.

I mean.

You don't really know.

How you just moved your finger.

Do you?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Just Like A Flower (2016-05-25 06:49)



You are.

Just like a flower.

An amazing expression.

Of this incredible intelligence.

This unimaginable power.

Totally unique.

Unbelievably complex.

Absolutely perfect.

Just as you are.

Right now.

In this moment.

Everything is.

—

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Other people.

Will try to tell you.

What you should be.

But all you can be.

Is what you are.

Right now.

And whatever you are.

Right now.

Is absolute perfection.

Exactly as it should be.

No matter what.

But some people.

Just don't know.

Some will never know.

This wisdom.

—

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Clouds On Fire (2016-05-26 06:03)



Clouds on fire.

Blazing colour.

Touched by.

The rising Sun.

The uncomfortable.

Thoughts.

Arising in your mind.

The uncomfortable.

Feelings.

Felt in your body.

Everything is an expression.

Of this same energy.

This one infinite creative universal energy.

Expressing itself.

As all of this.

Right now.

—

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Shining On All (2016-05-26 06:17)



The Sun.

Shining on all.

No matter what.

Unconditionally.

The wind.

Blowing on all.

No matter what.

Unconditionally.

This infinite universal energy.

Being and doing all.

Loving all.

No matter what.

Unconditionally.

—

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

No Escape (2016-05-27 05:11)



This one infinite creative universal energy.

Is expressing itself.

As all of those things.

That you want to get rid of.

As all of those things.

That you want to escape from.

As the impulse or urge to get rid of them.

As the impulse or urge to escape from them.

But there is no escape.

From what is happening.

Right now.

There is no getting rid of this.

All there is, is this.

Everything is an expression.

Of this one infinite creative universal energy.

Everything.

—

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This.

Could be no other way.

Than the way it is.

Right now.

This moment.

That includes everything.

Is an expression.

Of this one infinite creative universal energy.

This infinite energy.

Is expressing itself.

As this one infinite seamless happening.

Happening right now.

This.

Could be no other way.

Than the way it is.

Right now.

—

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Just Now (2016-05-27 18:39)



Just now.

Just this.

Infinity.

Happening.

—

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



All that you are.

In this moment.

Is an expression.

Of this one infinite universal energy.

This infinite energy.

Is expressing itself.

As all that you are.

As everything.

All that you are.

Is simply happening.

All by itself.

In this moment.

Without anybody doing any of it.

Everything is.

This is the ease of being.

You might not like what's happening.

Right now.

It might not feel good.

Right now.

It might not be easy.

Right now.

But this is always all it can be.

And this is always moving and changing.

Always a perfect expression.

Of this one infinite universal energy.

Exactly as it should be.

This is the ease of being.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Welcome Home (2016-05-28 10:56)



All that you are.

Is a perfect expression.

A perfect creation.

Of this greatest power in the universe.

This highest intelligence in all of existence.

This source of all that is.

Right now.

Already.

No matter what.

This always has been so.

This always will be so.

This power.

This energy.

This force.

This intelligence.

This infinite.

Is expressing itself.

As all that is.

This includes absolutely everything.

This includes you.

Exactly as you are.

Right now.

Everything is a perfect expression.

Of this one infinite energy.

Right now.

In this very moment.

Always.

No matter what.

Here is where the search can end.

Welcome home.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is no one expression.

That is better than.

Any other expression.

Just different.

There is no one expression.

That is worse than.

Any other expression.

Just different.

Different expressions.

Of the same energy.

Everything is an expression.

Of this one infinite creative universal energy.

Everything.

This energy.

Is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



It's a popular idea.

That the sense of being a separate self.

Is somehow a mistake.

That it's something that needs to be.

Got rid of.

Something that needs to fall away.

It may be true.

That the sense of being a separate self.

Is a key factor in human suffering.

But who created the sense of being a separate self?

Did you create the sense of being a separate self?

The sense of being a separate self.

Is an expression.

Of this one infinite creative universal energy.

Just like everything else that is.

There is nothing wrong with it at all.

It is simply an aspect of most human expressions.

If a sense of being a separate self is being expressed.

If that is leading to suffering in some way.

Then that is simply what is.

Right now.

Simply what this one infinite energy.

Is expressing itself as.

Right now.

You don't have a say in what's being expressed.

You will never have a say in what's being expressed.

You are a perfect expression of this infinite energy.

Just like everything else.

Right now.

All there is, is this one infinite universal energy.

There is no separate self.

Only a sense of being a separate self.

And that sense of being a separate self.

Is a perfect expression.

Of this one infinite creative universal energy.

There is nothing wrong at all.

There is never anything wrong.

Just what's happening.

Just what's being expressed.

Right here, right now, always, everywhere.

Nothing needs to change.

For you to be what you are.

What you've always been.

What you always will be.

This one infinite universal energy.

That is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Everything Belongs To This (2016-05-31 05:14)



This body.

Is not my body.

Everything belongs to This.

These thoughts.

Are not my thoughts.

Everything belongs to This.

These feelings.

Are not my feelings.

Everything belongs to This.

This life.

Is not my life.

Everything belongs to This.

This is all there is.

Everything is This.

Everything is an expression.

Of this one infinite creative universal energy.

This infinite energy.

Expressing itself.

As all that is.

This existence.

Is not my existence.

Everything belongs to This.

This is the creator.

This is the preserver.

This is the destroyer.

Of all.

Of everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything.

Is being.

All it can possibly be.

Right now.

In this very moment.

Everything.

Is simply happening.

The way it's happening.

Right now.

In this very moment.

Everything.

Is an expression.

Of this one infinite creative universal energy.

This infinite energy.

Expressing itself.

As all that is.

Right now.

In this very moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Not One Single Thing (2016-05-31 11:52)



There is.

Not one single thing.

That is.

Not This.

Not one hair.

On your head.

Not one cell.

In your body.

Not one thought.

In your mind.

Not one single atom.

In the entire universe.

Everything is This.

This is everything.

This one infinite creative universal energy.

Is all there is.

Being and doing.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

1.5 June



WARNING

This may bring your sense of personal power into question.

PROCEED WITH CAUTION

.....

Ask yourself.

If you're ready.

If you can.

What you really control.

What you're really in charge of.

What you really do.

What you're really responsible for.

Not what gets claimed.

As being your doing.

But what's really your doing?

.....

Do you exist right now?

Is that your doing?

Are you making yourself exist?

.....

What about your body?

Did you create your body?

Are you creating it now?

Are you keeping all those cells together?

Are you in charge of all their functioning?

Did you design the colour of your eyes?

The colour of your hair?

The shape of your face?

Did you choose how tall you are?

Are you overseeing the functioning of all your internal organs?

Beating your heart?

Digesting your food?

Are you controlling the synaptic firings of your brain cells?

.....

What about the things that control and move your life?

What about thoughts, feelings, impulses and urges?

Are you creating those?

Are you controlling those?

.....

How do you create a thought?

How do you actually put a thought together?

How do you generate thoughts?

How do you think a thought?

If you were creating thoughts, wouldn't you just create nice, positive thoughts?

Wouldn't you need to know what the thought was going to be before you created it?

Wouldn't that be a thought?

Who creates that thought?

If you were planning a negative thought, why the hell would you create it?

And if you were already thinking about the next thought, why would you need to create it at all?

.....

How do you create a feeling?

How do you actually put a feeling together?

How do you generate feelings?

How do you feel a feeling?

If you were creating feelings, wouldn't you just create warm, pleasant, happy feelings?

Wouldn't you need to know what the feeling was going to be before you created it?

If you were planning an uncomfortable feeling, why the hell would you create it?

Why would you make yourself feel bad?

.....

How do you create impulses and urges?

How do you actually put an impulse or an urge together?

How do you generate impulses and urges?

How do you follow or not follow an impulse or an urge?

Sometimes an impulse or an urge is controlled by a counteracting impulse or urge.

Or by a counteracting thought.

But who creates that counteracting impulse or urge?

Who creates that counteracting thought?

If you were creating impulses and urges, wouldn't you only create impulses and urges to do positive, good and wholesome deeds?

Wouldn't you need to know what the impulse or urge was going to be before you created it?

Wouldn't that be a thought?

Who creates that thought?

If you were planning a negative impulse or urge, why the hell would you create it?

And if you were already thinking about the next impulse or urge, why would you need to create it at all?

.....

What about actually doing something?

What about actually moving the body to perform an action?

Let's go with breathing as an example, since you seem to be doing that all the time.

How do you breathe in?

How do you breathe out?

Which muscle cells are you contracting to move your rib cage and your diaphragm?

How are you telling those muscle cells to contract?

How are you communicating with those muscle cells?

.....

It's OK.

Everything is simply happening.

Right now.

All by itself.

Without anybody doing any of it.

Everything is an expression.

Of this one infinite creative universal energy.

This infinite energy.

Is expressing itself.

As all that is.

And this includes you.

Of course.

Exactly as you are.

Right now.

This energy.

Is all there is.

.....

Everything is happening perfectly.

Exactly as it should be.

No mistakes are ever made.

This doesn't make mistakes.

Everything is under control.

But not by you.

.....

It's a ridiculous assumption that's been made.

That you could be doing something as complex.

As running your life.

.....

But then again, you didn't even make that assumption.

.....

It's all good.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

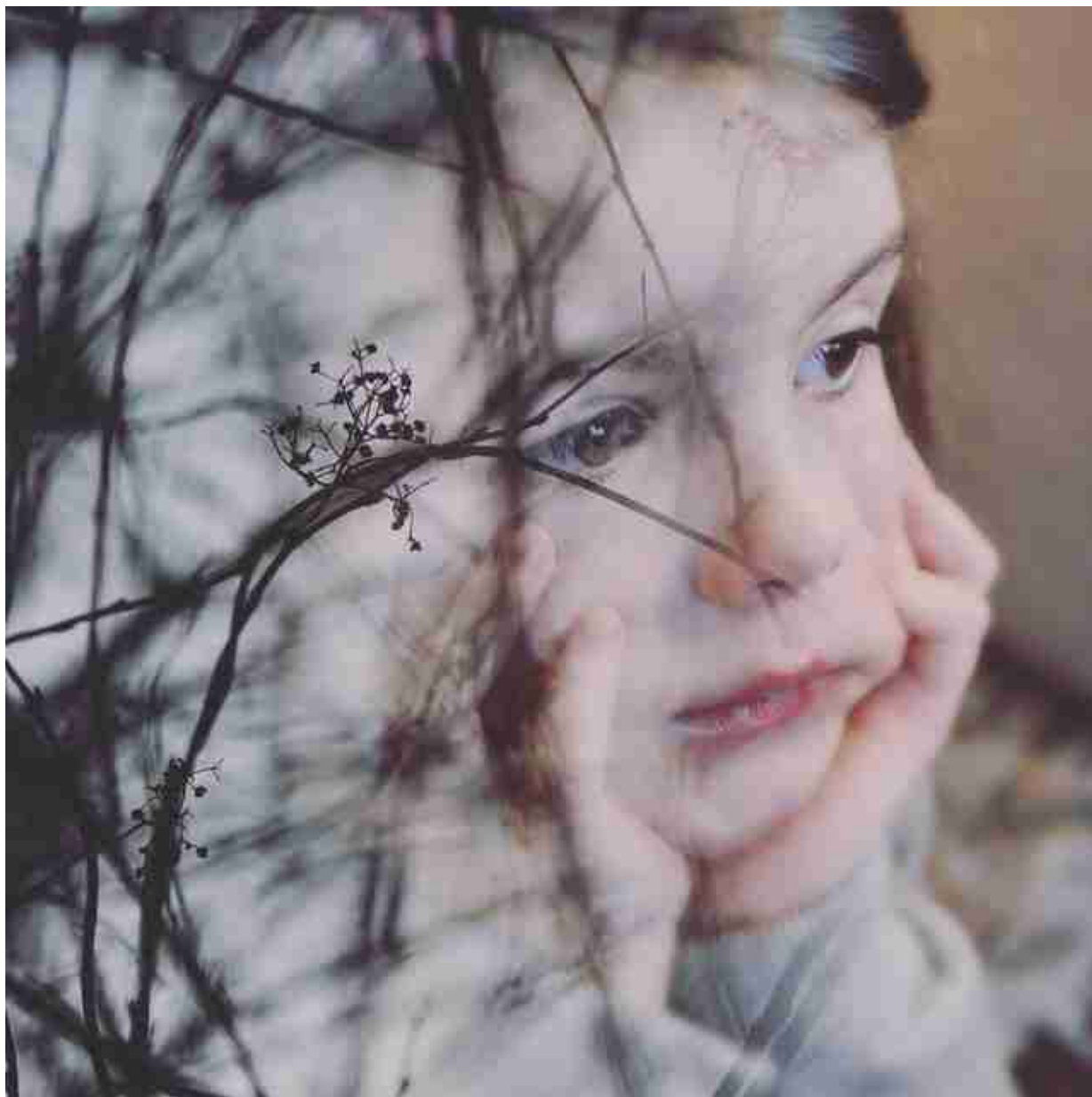
All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Ouch! (2016-06-02 05:31)



Sometimes.

This.

Expresses itself.

As pain.

Painful thoughts.

Painful feelings.

Painful situations.

Physical pain.

It's uncomfortable.

You don't like it.

You want it to stop.

Everything is an expression.

Of this one infinite creative universal energy.

The pain.

The discomfort.

The not liking it.

The wanting it to stop.

Even the thoughts.

That say.

This should not be happening.

Even the suffering.

This infinite energy.

Is expressing itself.

As everything.

All that is.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Any Question (2016-06-02 05:55)



The answer.

To any question.

Is.

All there is, is This.

Everything is an expression.

Of this one infinite creative universal energy.

That nobody is doing.

That nobody is controlling.

Everything happens by itself.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Just Like You (2016-06-03 05:21)



Clouds moving across the sky.

Coming and going.

Always changing.

River flowing.

Finding its way.

Effortlessly.

Snow falling.

Softly.

Silently.

Waves crashing.

Violently.

On the shore.

Fading peacefully.

Back into the ocean.

That they never left.

Everything is an expression.

Of this one infinite universal energy.

Everything is an expression.

Of THIS.

Just like you.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Perfectly Natural (2016-06-03 08:15)



Everything.

Is perfectly natural.

Absolutely everything.

Is an expression of Nature.

This one infinite universal energy.

Is expressing itself.

As everything.

Nothing exists that is unnatural.

There is no separation.

Between natural and man-made.

Everything.

Is perfectly natural.

Exactly as it is.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Where Freedom Lies (2016-06-03 09:27)



True freedom lies.

In the unconditional.

In the inclusion of everything.

Absolutely everything.

No matter what.

And it can be found.

Right here.

Right now.

This is unconditional being.

That includes everything.

This one infinite seamless happening.

Absolutely everything.

Is an expression.

Of THIS.

This one infinite creative universal energy.

This Power.

This Force.

This Absolute.

This Source.

This Consciousness.

This Life.

This Nature.

This Tao.

This God.

This Brahman.

THIS.

Is expressing itself.

As all that is.

As you.

As everyone.

As everything.

This is where freedom lies.

Unconditional freedom.

Absolute freedom.

Right here.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Making The Sun Happen (2016-06-03 11:34)



Whatever it is.

That's making the Sun happen.

The way it's happening.

Right now.

Is the same as.

Whatever it is.

That's making you happen.

The way you're happening.

Right now.

This whatever it is.

Is making everything happen.

The way it's happening.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Perfect Expression (2016-06-04 13:00)



You're busy searching.

For something better.

When you're.

Already.

A perfect expression.

Of this one infinite universal energy.

Exactly as you are.

Right now.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Making Yourself Happen (2016-06-04 13:15)



How are you making yourself happen?

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Seamless (2016-06-05 09:02)



This.

One infinite seamless happening.

Happening right now.

Everywhere.

This.

One infinite creative universal energy.

Expressing itself.

As all that is.

As everything.

Right now.

This.

Is unity.

This.

Is everything.

This.

Is what you are.

This.

Is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Even This (2016-06-06 05:54)



Everything is an expression.

Of this one infinite universal energy.

This energy.

Is expressing itself.

As all that is.

This one infinite energy.

Is all there is.

Even this.

This that you don't like.

This that you want to get rid of.

This that feels uncomfortable.

This that you think is wrong.

This that you think shouldn't be happening.

All of it.

Everything.

Is an expression of this one infinite energy.

There's never anything that's wrong.

There are things that you don't like, of course.

There are things that are really terrible.

But, there's never anything that's wrong.

Never anything that should not be.

Ever.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What The Stars Are (2016-06-07 08:27)



Take a look.

Outside.

On a clear, starry night.

What is it.

That is doing those stars?

What is it.

That is making those stars happen?

It is the same.

That is doing you.

It is the same.

That is making you happen.

You are what the stars are.

The stars are what you are.

Everything is an expression.

Of this one infinite creative universal energy.

This infinite energy.

Is being and doing.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Are OK (2016-06-08 06:43)



Any search.

Is basically a search.

For something.

That'll make you OK.

Love.

Fame.

Power.

Money.

Enlightenment.

It's all a search.

To be OK.

You say to yourself.

"I'll be OK when I get".

"Then I'll finally be OK".

But, what you're missing.

What you're overlooking.

Is that you're OK right now.

Everything is OK right now.

You're already a perfect expression.

Of this one infinite creative universal energy.

That's expressing itself as everything.

Are you doing your existence?

Are you making yourself happen?

Did you design your body and brain?

Did you choose the way you are?

Do you generate thoughts, feelings, impulses and urges?

Do you create the sense of being you?

You're an expression of this universal energy.

Call it whatever you want.

This energy is being and doing you.

This is being and doing everything.

You are OK.

No matter what.

Always.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Illusion (2016-06-09 05:52)



There appear to be.

Many different.

Things.

In many different.

Forms.

With many different.

Qualities.

There appears to be.

Division.

There appears to be.

Difference.

But, the appearance of a separate thing.

Does not mean that there is a separate thing.

This is only appearance.

This is only illusion.

There may be a sense.

Of being a separate self.

Of being a separate person.

A separate person doing itself and its life.

But, the sense of a separate self.

Does not mean that there is a separate self.

Doing itself and doing its life.

This is only appearance.

This is only illusion.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Enlightened Hummingbird (2016-06-09 06:09)



A hummingbird.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

Being hummingbird.

Doing hummingbird.

And this is what you are.

What everything is.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Not One Single Hair (2016-06-10 08:26)



There's not one single hair.

On your head.

That you're growing.

There's not one single cell.

In your body.

That you're in charge of.

There's not one single thought.

In your mind.

That you're generating.

Just as the earth turns.

Just as the seasons come and go.

Just as the tree grows.

Just as the bird sings.

You too are a happening.

Happening all by itself.

Without anybody doing any of it.

Everything is an expression.

Of this infinite universal energy.

Everything.

Already.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Breath rising.

Just like wind in the trees.

Synapses firing.

Just like lightning on the horizon.

Blood coarsing.

Just like a mighty river.

Skin sweating.

Just like rain on the window.

Everything is an expression.

Of this natural power.

This natural power.

Is being and doing everything.

Expressing itself.

As all that is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Enlightenment Is Not Necessary (2016-06-14 06:58)

The following is a response that arose to a question from someone. This is the one and only time that I am going to answer a question like this. These kind of questions are of no use to anyone.

Tathata:

Did you "experience" enlightenment, or was it pointed out to you that you already are that?

Adam:

I have no idea what enlightenment actually is. I would also therefore not claim to be enlightened.

There are so many different ideas about it. I would also say that it is not necessary to be anything labelled as enlightened. It is not necessary to be anything other than what you are right now in this moment. There is so much crap going on with this "I'm enlightened and you're not" and to be honest that just misses the point completely.

You are an expression of universal energy (or whatever you want to call THIS) whether you are so called enlightened or not.

Let's say you define enlightenment as being at peace with everything that happens. Let's say you think you've attained that. Then there's a guy down the road who is suffering in a really bad way. You know, he has terrible anxiety and panic attacks or something like that. He can't leave his house. But, both you and the guy down the road are expressions of this universal energy. Neither of you are in charge of how you are expressed. Both of you are perfect expressions of this power, force, Absolute, whatever you want to call THIS. In reality all there is, is THIS expressing itself as everything. Everything is equal. Everything is valid. There is no one expression that is better than any other expression.

And the main point is that you're not expressing yourself! You are not choosing how you're expressed!

I have no interest in enlightenment. I am interested in expressing that everyone and everything is a completely valid expression of this universal energy (or whatever label works for you).

I am not interested in basing anybody's freedom on having to be anything labelled as enlightened. It is everyone's birthright to simply be what they are right now and maybe to realise that that's all they can be and that that's absolutely fine the way it is.

THIS that is being and doing the sun, the stars, the earth, the trees, the animals. All of THIS.

Is being and doing you, right now.

If what you are getting at with your question is whether I am expressing this stuff from direct experience, then I'd say yes I am.

This is the one and only time that I am going to talk about this, because it isn't necessary either.

There was a moment that happened that I can only describe as a revelation (at the time I had no idea what the hell was happening, the label revelation came from reading about it later). It was an absolutely shocking experience. All I can describe it as is a face to face meeting with the Absolute. But it wasn't face to face because it

didn't really have a location. It was just here. Right here. Just like a light got turned on and it revealed itself. You are shocked to your core at the absolute power of it. It is alive with energy. Such amazing indescribable beauty and power. Such absolute power that the mind just stops. You are just in awe. Total and utter awe. You recognise what it is too. You just know it. You know this power like an old friend. You recognise home. There was a feeling of terror and a feeling of being held and supported totally at the same time. There was a feeling it could destroy me at any moment completely, but that at the same time it is what is making my existence possible. It is in charge, it is being and doing everything. There is no doubt about it when you come face to face with it. And then it seemed to go to work on me. It grabs you with such a force that it feels like it knocks the air out of you. It was a feeling like being torn to shreds internally. But like thin tissue paper being shredded, not painful or uncomfortable in any way. It was blindingly obvious that it was doing it, not me. The only thought that arose was "I am being annihilated by unconditional love". It was obvious I had no choice, something greater than me was simply doing what it was doing. Whatever that was. I have no idea.

The experience only lasted a few minutes and then went back to pretty much just my regular experience.

Then I began expressing what I express here in the way I express it. Or I should say this began to be expressed, because I am not doing it. That is so blindingly clear. The human being Adam, is not capable of thinking this stuff up. Everything you read here is a spontaneous expression, expressed through this human being. It is THIS expressing itself.

The most important thing that was learned during the experience i described above though is that that experience is not necessary.

THIS is already being and doing everyone and everything. There is no need for any special spiritual experiences for this to be the case, the truth. Every experience is a special spiritual experience.

This power, this force, this Absolute, God, Brahman, universal energy, whatever you want to call it. THIS is all there is and THIS is being and doing EVERYTHING. THIS is just one infinite seamless happening that's happening right now. THIS includes EVERYTHING.

You are an expression of THIS, just like everything else. Right now. Already. You are a perfect, valid expression of THIS exactly as you are in this moment.

ALWAYS.

I am not interested in enlightenment. It isn't necessary. Just be what you are.

One In All Its Diversity (2016-06-14 14:22)



There is so much.

Diversity.

So many different.

Things.

So amazingly.

Complex.

But how does any of it happen?

How does any of it exist?

Everything is an expression.

Of this one infinite creative universal energy.

This energy is being and doing everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Butterfly (2016-06-14 14:55)



I was just mowing the grass.

And a butterfly flew by.

What an amazing creation.

What incredible precision.

What unbelievable intelligence.

What a fantastic presentation.

Of this one infinite creative universal energy.

The butterfly.

The grass.

And me.

All happening together.

Without anybody doing any of it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



These words are not the truth.

The only truth is THIS.

THIS is undeniable.

THIS is inescapable.

THIS.

Happening.

Right now.

No need to look somewhere else.

No need to search anywhere.

THIS is it.

What could you call THIS?

What name would fit?

Call it THIS, Reality, The Absolute, God, Brahman, The Truth, Consciousness.

Call it Colin, Barbie, Sinbad, Peaches.

It really doesn't matter.

THIS is always simply THIS.

Just THIS.

Happening.

Right now.

Does THIS have a boundary?

Is THIS limited in any way at all?

Or is THIS infinite?

THIS.

Infinite.

Happening.

Right now.

Is there anything separate from THIS?

Or is there only THIS?

If something were separate, where would it be?

THIS.

Infinite.

Seamless.

Happening.

Right now.

Is anybody doing THIS?

Is anybody making THIS happen?

Or is THIS simply happening automatically?

THIS.

Infinite.

Seamless.

Happening.

Right now.

All by itself.

Without anybody doing any of it.

Is there a YOU that is separate from THIS?

Or is there only THIS?

Only THIS.

THIS is all there is.

THIS.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Not Up To You (2016-06-15 05:58)



What you are.

Is not up to you.

How you are.

Is not up to you.

Are you making yourself exist?

Are you making yourself happen?

Whatever you are is fine.

Whatever you are is perfect.

No need to be anything else.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Something (2016-06-15 06:42)



Something is making all this possible.

Something is making all this happen.

You are an expression of this something too.

This something that isn't a thing.

This something that you can't point at.

This something that you can't really name.

But you know this something is here.

This something is undeniable.

As undeniable as the fact of your existence.

As undeniable as the fact of the existence of everything.

This something is everything.

This something is THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Denial Of Nothing (2016-06-16 05:17)



THIS is a denial of nothing.

Nothing is excluded from THIS.

THIS is unconditional being.

THIS is unconditional acceptance.

THIS is unconditional love.

Everything is an expression.

Of this one infinite creative universal energy.

Everything is included.

EVERYTHING.

You do not need to accept anything.

You do not need to love anything.

Everything is already accepted.

Unconditionally.

Everything is already loved.

Unconditionally.

THIS is expressing itself.

As everything.

Including you.

THIS is the acceptance.

THIS is the love.

May all beings feel this love.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

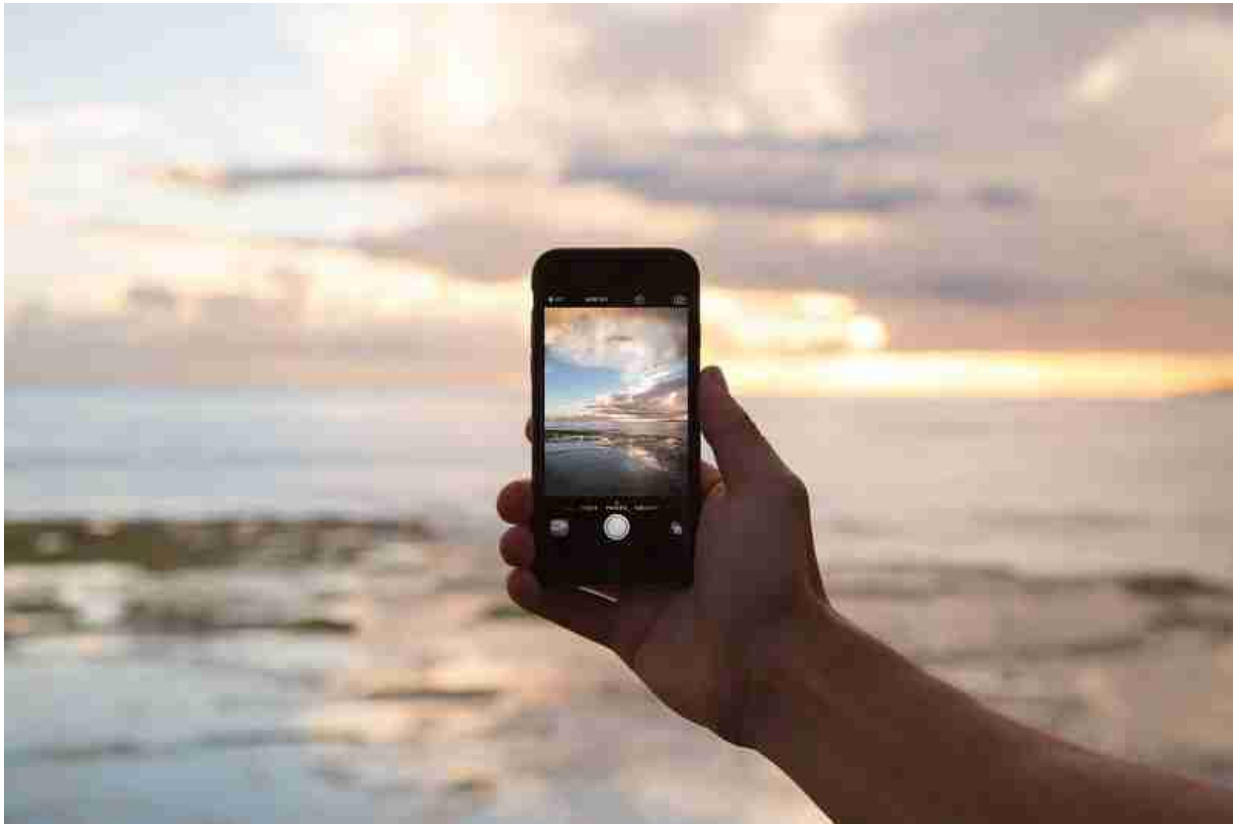
All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Movie Called Life (2016-06-16 08:28)



THIS is a movie called Life.

Telling a story called Life.

THIS is the story.

THIS that is happening right now.

Everywhere.

Human beings are not the directors.

We are the cast of characters.

I mean come on.

If we were the directors.

Why the hell would we choose.

To have suffering.

In the damn movie.

You are an expression of THIS.

We all are.

Everything is.

Whether THIS is a love story.

Or a disaster movie.

Is not in your hands.

May you find peace in that.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Each and every atom.

In this entire universe.

In this infinite seamless happening.

Is placed with absolute precision.

Arranged in absolute perfection.

With absolute intelligence.

To create and form.

All of these things.

From this galaxy.

Right down to the coffee cup on your desk.

From the heart beating in your chest.

Right out into infinity.

.....

Who places these atoms with such intelligence and precision?

Take a look at your hand.

What a magnificent display of atoms.

What an incredible thing you are.

A perfect expression.

Of this one infinite creative universal energy.

Of THIS.

THIS that expresses itself as everything.

THIS.

Right here.

Right now.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is freedom.

For everyone.

Not just a chosen few.

Everyone is included in THIS.

Everything is included in THIS.

There is no need to attain or reach.

ANYTHING.

There is no special place.

There is no special state.

THIS is that special place.

THIS is that special state.

ALREADY.

Right here.

Right now.

Exactly as it is.

Simply THIS.

That is happening right now.

EVERYWHERE.

Everything is an expression.

Of this one infinite creative universal energy.

EVERYTHING is included.

As it is right now.

Just as it is.

This is freedom for everyone.

And everything.

Right here.

Right now.

It cannot be any other way.

It's ALL being done.

It's ALL taken care of.

ALREADY.

ALWAYS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are inherently perfect.

Exactly as you are.

Right now.

In this moment.

But you might not know that.

To be true.

So I'll attempt to prove it to you.

OK, let's go....

Are you making yourself exist right now?

Is your existence your responsibility?

Is it something you are doing?

Are you making yourself happen?

Stop all attempts to make yourself exist for a second.

If you can.

Don't try to make yourself happen.

Still here, right?

Still existing, right?

Still happening?

OK, so you don't make yourself exist.

You don't make yourself happen.

Do you agree?

You do exist though.

Right?

Something is making you exist.

Right?

Something is making your existence possible.

That's obvious isn't it?

You don't know what it is.

You can't describe it.

Or point at it.

But it must be right here.

Right now.

Enabling you to exist.

This something.

Mustn't it?

Now what could have the power and intelligence.

To do that?

What could have the power and intelligence.

To make you exist.

Just as you are in this moment?

Could it be the same something.

That has the power and intelligence.

To make everything exist?

Could this something.

That is making all THIS exist.

Simply be THIS?

Expressing itself.

As all that is.

Just this one infinite seamless happening.

Happening right now.

An expression.

Of THIS absolute power and intelligence.

Including everything.

Including you.

How could anything exist separately.

From THIS?

Where would it exist?

What else could anything possibly be.

Other than an expression.

Of THIS absolute power and intelligence?

And if you are an expression.

Of THIS absolute power and intelligence.

Doesn't that mean you are perfect right now?

Already.

Exactly as you are.

Isn't this true for everyone and everything?

—

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

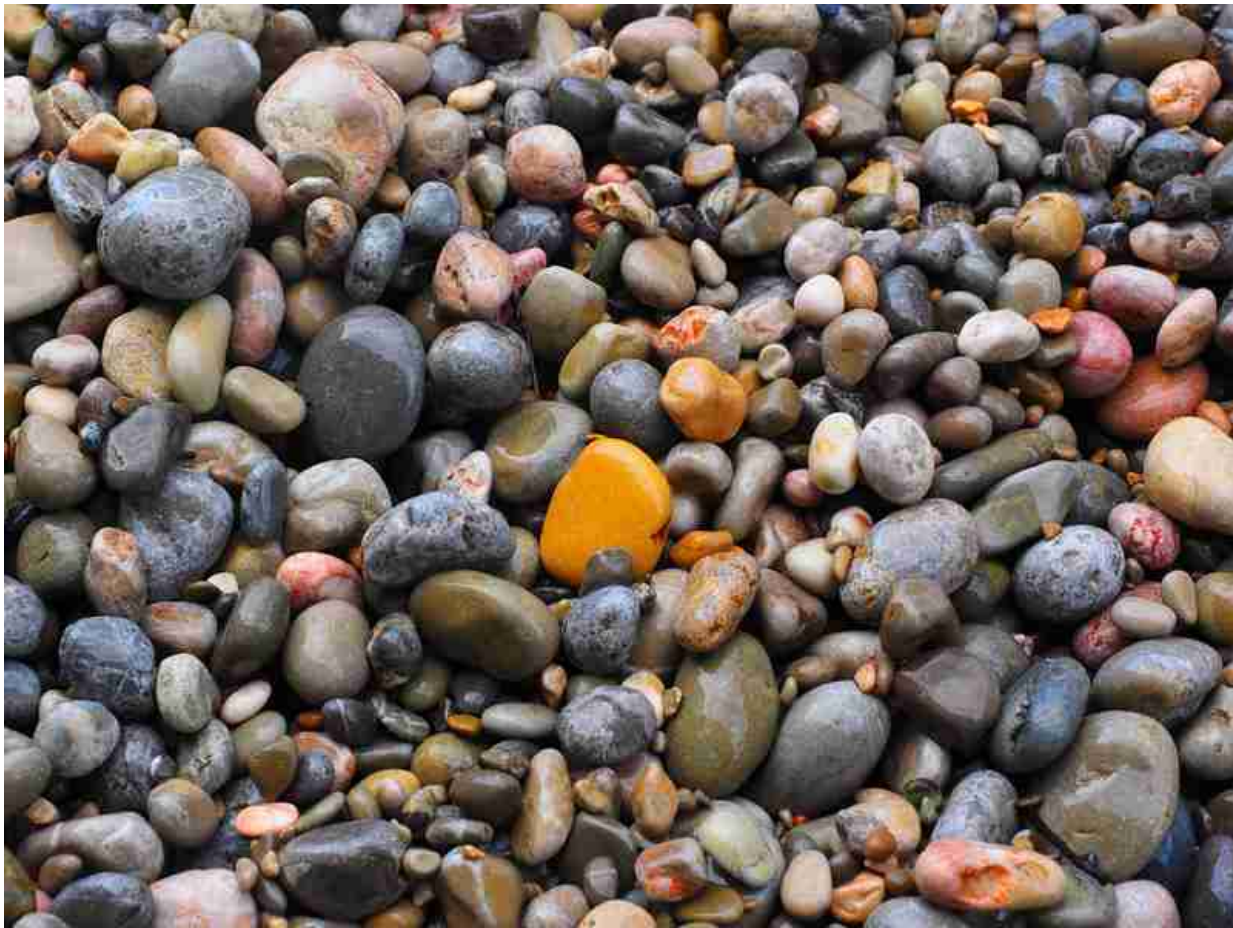
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS is not a special experience.

THIS is all experiences.

THIS is not a special state.

THIS is all states.

THIS is EVERYTHING.

THIS is all there is.

THIS one infinite seamless happening.

THIS one infinite creative universal energy.

Expressing itself.

As THIS.

Just THIS.

Simply THIS.

Always THIS.

Only THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nothing To Be (2016-06-21 08:18)



All there is, is THIS.

Just THIS.

That is happening.

Right now.

Everywhere.

There is nothing to do.

Other than what you are doing right now.

There is nothing to think.

Other than what you are thinking right now.

There is nothing to feel.

Other than what you are feeling right now.

There is nothing to be.

Other than what you are right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS is simply miraculous.

THIS is nothing more.

Than a tiny flower by the side of the road.

THIS is nothing less.

Than the Source of the entire universe.

THIS is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS is peace beyond understanding.

Unconditional peace.

Not a feeling of peace.

Not being at peace.

Peace beyond understanding.

The unconditional peace.

That already is.

The peace of everything being an expression.

Of this one infinite creative universal energy.

Everything being.

An expression of THIS.

No matter what is happening.

Right now.

No matter what is felt.

No matter what is thought.

No matter what is experienced.

Everything is an expression of THIS.

THIS is all there is.

THIS is being and doing everything.

Right now.

Everywhere.

Always.

No matter what.

Even the deepest suffering.

Even the most powerful sense of being a separate self.

Is an expression of THIS.

THIS is unconditional peace.

Peace beyond understanding.

—

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is life happening.

Right now.

In this very moment.

This endless expression.

Of this one infinite seamless happening.

That includes everything.

Always fresh.

Always new.

Always changing.

Sometimes pleasant.

Sometimes unpleasant.

Always automatic.

Always happening by itself.

This one infinite creative universal energy.

All of THIS.

Just THIS.

Only THIS.

.....

Sarvam khalvidam brahma

(All of THIS is BRAHMAN)

http://www.advaita.org.uk/discourses/teachers/brahman_shyam.htm

.....

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

One Happening (2016-06-25 13:37)



One happening.

This happening.

Happening right now.

Always.

Everywhere.

This infinite happening.

Just this.

As it is.

This aliveness.

This isness.

This infinite creative universal energy.

Being and doing everything.

Everything an expression.

Of this one infinite energy.

This one infinite seamless happening.

That includes everything.

One happening.

This happening.

Happening right now.

Always.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

As Simple As That (2016-06-26 09:22)



You are as simple as that.

Whatever that might be.

A tree.

A flower.

A mouse.

A mountain.

A hotdog.

A pair of pyjamas.

Everything simply existing.

Everything simply being.

Exactly as it is.

Right now.

Everything an expression.

Of this one infinite creative universal energy.

That is being and doing everything.

Right now.

Always.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Stop For A Second (2016-06-27 06:50)



Just stop for a second.

If you can.

And just experience.

This everything.

Happening.

All by itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

And THIS Is Missed (2016-06-28 05:49)



THIS is overlooked.

Time and time again.

THIS can't be it.

Not just THIS.

You say.

And THIS is missed.

THIS isn't good enough yet.

THIS needs to be better.

You say.

And THIS is missed.

There are too many thoughts.

Too many thoughts about me.

There's not enough peace.

There's too much anger.

There's too much fear.

There's not enough love.

There's too much ego.

You say.

And THIS is missed.

I'm close, I'm really close.

I managed to be aware for two hours straight today.

I managed to remain calm for part of that argument.

I managed to love myself for ten minutes today.

If only I could always be aware though.

If only I could always remain calm.

If only I could always love myself.

Then I'd be there.

You say.

And THIS is missed.

.....

THIS is so easily disregarded.

THIS is so easily missed.

Because it isn't perfect.

Because it is a mess.

But THIS doesn't need to be perfect.

Because THIS is perfection.

All of it.

Exactly as it is.

You think it needs to look perfect.

You think it needs to feel perfect.

You think it needs to be perfect.

To be THIS.

You think you need to be perfect.

For you to be "there".

But THIS doesn't need any of that.

Because THIS is perfection.

And you are included.

Exactly as you are.

You are an expression of THIS.

Everything is.

All there is, is THIS.

.....

If you were to ask yourself one question.

Then ask yourself this:

Am I making myself exist right now?

.....

Who is doing any of THIS?

.....

Who grows the grass?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



No matter what.

You are experiencing.

Right now.

It is a direct experience.

Of THIS.

Of this one infinite universal energy.

This Brahman.

This God.

This Source.

This Nature.

This Existence.

Whatever you want to call it.

It doesn't really matter.

No matter what the experience.

Looks like.

Feels like.

Appears to be.

It is a direct experience.

Of THIS.

Right now.

THIS experience.

In THIS moment.

All of THIS.

THIS is it.

THIS is all there is.

Being and doing everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



One infinite seamless happening.

Happening all by itself.

Only THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Is It True For You? (2016-06-30 06:39)



Take a look at these statements.

If you can.

See if you agree.

See if they are true for you.

I exist.

True?

I am not making myself exist.

True?

I am not making myself happen.

True?

I did not create myself.

True?

I must be an expression of "something".

True?

I must be a manifestation of "something".

True?

I must be being done by "something".

True?

I don't know what that "something" is.

True?

That "something" could be what is being and doing everything.

True?

-

All there is, is "This".

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This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

1.6 July

A Natural Human Being (2016-07-04 06:02)



You are a completely natural.

Human being.

Exactly as you are.

Right now.

In this very moment.

The human being.

The human happening.

That you are.

Is as natural as everything.

That is happening.

Right now.

In this moment.

As natural as.

A river flowing.

The wind blowing.

The sun shining.

A plant growing.

Everything is an expression.

Of this one infinite universal energy.

Everything is an expression.

Of THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Wind Moving (2016-07-04 06:15)



Wind.

Moving.

Through the trees.

Thoughts.

Moving.

Through your mind.

All THIS.

Only THIS.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What Would Need To Change? (2016-07-04 06:48)



We are so convinced.

That something is wrong.

Wrong with what's happening.

Wrong with us.

That we search desperately.

For a way to make things better.

For a way to make things right.

We have such high expectations.

Of what should be.

That we miss what is.

Right now.

What if there's nothing wrong with what's happening?

What if there's nothing wrong with us?

What would need to change then?

.....

What is it that makes all of THIS happen?

Just as it is.

What is it that makes you happen?

Just as you are.

Is it you?

.....

No matter what is happening.

Right now.

It is an expression.

Of this one infinite universal energy.

Everything is an expression of THIS.

No matter what.

THIS is all there is.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Deepest Respect (2016-07-05 06:41)



The deepest respect.

That can be given to anything.

Is to simply see it as it is.

And to simply allow it the space.

To be what it is.

Everything deserves this respect.

Everything.

This is not something that you need to do.

This is already being done.

This is already the case.

Everything is an expression.

Of this one infinite universal energy.

Just THIS.

All THIS.

This one infinite seamless happening.

Everything is seen.

Everything is accepted.

Everything is validated.

Already.

Everything is held in THIS.

As THIS.

Everything is included.

Given the space to be.

Just as it is.

THIS is the deepest respect.

Already.

Right now.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Even the darkest corners.

Of your mind.

The things you try to hide.

The things you are ashamed of.

The things you think are wrong.

Those aspects of yourself.

That you think should not be.

Your weaknesses.

Your failures.

Your fears.

Your frustrations.

Your dirty little secrets.

That gnawing feeling of not being good enough.

That gut wrenching feeling of not being OK as you are.

All of it.

Is an expression of THIS.

An expression of this one infinite universal energy.

All of THIS.

The dark and the light are held and expressed in and as THIS.

THIS is both dark and light.

May this Light illuminate the darkest corners.

May it be seen that there is only this Light.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Every apparent thing.

Is a little wonder.

An everyday miracle.

Just the fact that it is.

The fact that it exists.

Exactly the way it is.

Right now.

In this moment.

Everything is an expression.

Of this one infinite creative universal energy.

This one infinite energy.

Expressing itself.

As all that is.

As THIS.

.....

[youtube https://www.youtube.com/watch?v=HhZ1BdMtw_Q]

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nothing But THIS (2016-07-08 04:48)



Nothing but THIS.

Ever.

Only THIS.

Forever.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Inseparable (2016-07-08 05:26)



Everything.

Is a happening.

Within this one infinite seamless happening.

Inseparable from.

This one infinite seamless happening.

All there is.

Is this one infinite seamless happening.

Happening all by itself.

Right now.

You are a happening.

Within this one infinite seamless happening.

Inseparable.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Life (2016-07-09 13:27)



It's not about.

Getting a better life.

Becoming a better person.

Having better feelings.

It's about.

This Life.

Happening right now.

Exactly as it is.

With all of its ups and downs.

With all of its pleasures and pains.

It's about.

This human being.

This human happening.

That you are.

Happening right now.

Exactly as it is.

With all of its positive qualities.

And all of its negative qualities.

It's about.

Everything.

All of THIS.

Everything is included.

Nothing is excluded.

Everything is an expression.

Of this one infinite creative universal energy.

This one infinite seamless happening.

Happening right now.

All by itself.

THIS.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

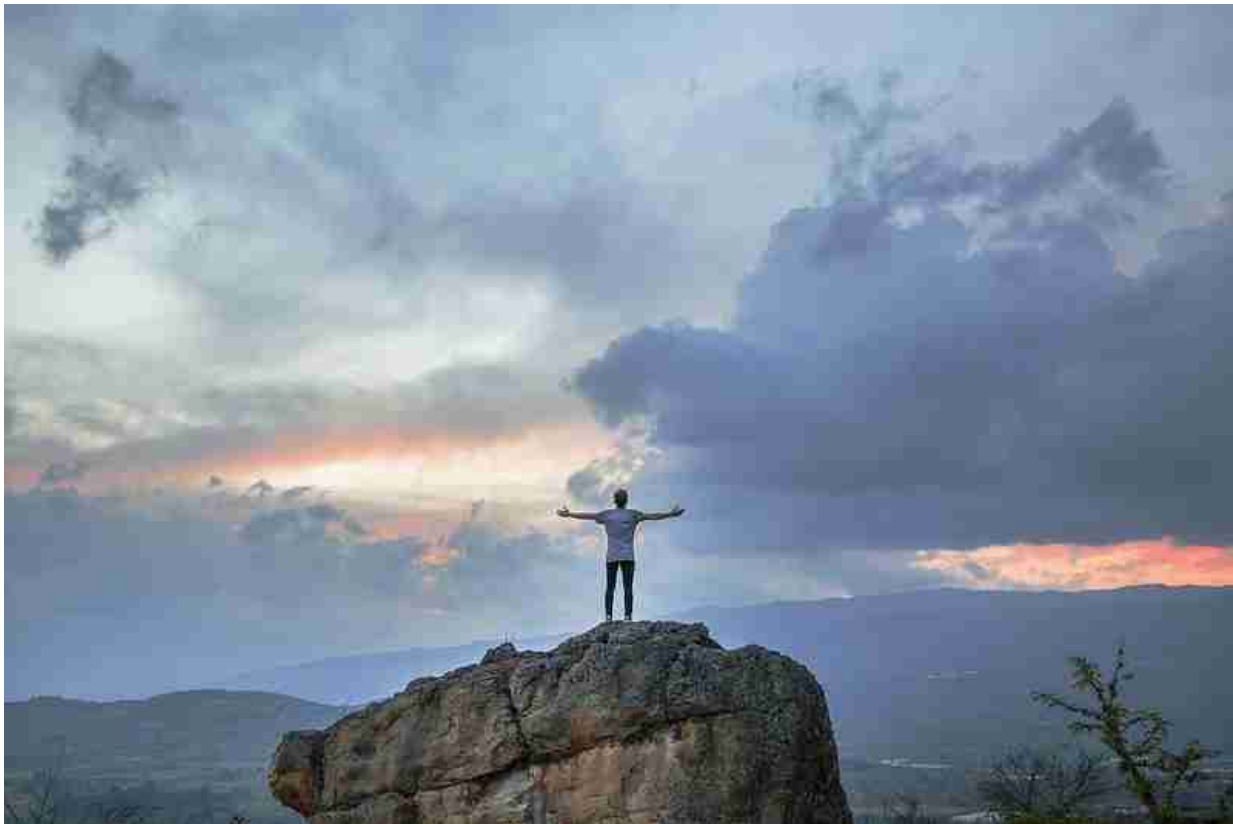
All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Sense Of Separation (2016-07-09 13:35)



Even the sense.

Of being a separate person.

Is not separate.

From THIS.

There is no separate person.

Only the sense of separation.

There is no separation.

Only THIS.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Your very existence.

Is your prayer.

Every action.

Is your service.

Every breath.

Is your song.

Every heartbeat.

Is your devotion.

You are absolutely devoted to THIS.

At all times.

In all situations.

Under all circumstances.

THIS is being and doing you.

THIS is being and doing everything.

THIS alone is.

.....

Aham Brahmasmi

(I am Brahman)

Absolute uncompromised devotion.

Always.

THIS is me.

I am THIS.

THIS is all.

.....

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What Am I? (2016-07-10 08:57)



I am this particular human happening.

I am this ultimate creative universal energy.

A speck of dust in infinity.

Infinity in a speck of dust.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Perspective (2016-07-10 09:07)



Your perspective.

On Life.

Is not your creation.

It does not belong to you.

Your perspective.

On Life.

Is an expression.

Of this one infinite creative universal energy.

An expression of THIS.

Just like everything else.

There is no one correct perspective.

THIS is all perspectives.

THIS is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Full Spectrum (2016-07-11 09:17)



This one infinite creative universal energy.

THIS.

Expressing itself.

As everything.

All opposites.

And the full spectrum.

In between.

Nothing is excluded.

Nothing left undone.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Right Way To Be (2016-07-11 09:34)



There isn't.

A right way to be.

There's only the way that you are.

The way you're being expressed.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You (2016-07-11 09:45)



If you look for a you.

Do you find a you?

Or do you just find this human happening.

This human body.

These sensations.

These thoughts.

These feelings.

The awareness of these things.

The awareness of everything.

Within this human happening's range of experience.

The sense of a you.

The thoughts about you.

The feelings about you.

Do not mean that there is a you.

If you look for a you.

Do you find a you?

Or do you just find THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Mist around the trees.

On a rainy morning.

A single bird's.

Lonely song.

Traffic off in the distance.

A gentle hum.

Rain dripping off the roof.

Drip....drip....drip.

Cool breeze on the skin.

From the open window.

Heart pumping.

Body breathing.

Brain working.

Everything an expression of THIS.

All THIS.

Only THIS.

.....

Sit back.

Drink your tea.

And taste the infinite.

.....

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Satsang.

Being with Truth.

THIS.

Endless Satsang.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS.

One infinite universal energy.

Creates.

Maintains.

And destroys.

Everything.

THIS.

One infinite universal energy.

Expresses itself.

As all that is.

.....

Every thing.

Including you.

Is like a wave.

Rising up.

From the infinite ocean of existence.

Riding high.

Unique.

Magnificent.

Before crashing.

Back into the ocean.

That it never left.

That it was never separate from.

The infinite ocean of existence.

Is all there is.

The infinite ocean of existence.

Is THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Desire (2016-07-13 07:29)



Your desires.

Your wants and needs.

Are not something to be controlled.

Are not something to be suppressed.

Your desires.

Your wants and needs.

Don't belong to you.

1000

They are not your desires.

They are not your wants and needs.

Everything.

Is an expression.

Of this one infinite creative universal energy.

Everything.

.....

Simply be what you are.

As you are.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Pool Of Jelly (2016-07-13 07:33)



What's stopping you from being a pool of jelly on the floor right now?

Is it you?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

No Surrender (2016-07-14 08:10)



There is no need.

To surrender.

Because you are already.

Completely and utterly.

Surrendered.

To THIS.

Because THIS.

Is already being and doing.

Everything.

Including you.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Happening (2016-07-14 08:11)



Simply investigate.

The happening of this moment.

If you can.

Notice that everything is happening.

All by itself.

Including you.

And everything about you.

Notice that you are not making any of it happen.

Notice that nobody is making any of it happen.

Everything is simply happening.

Notice that there is no separation.

From the happening of this moment.

Notice that this is one infinite seamless happening.

Simply notice THIS.

Happening right now.

All by itself.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Conflicting thoughts.

Are expressed.

Conflicting feelings.

Are expressed.

Giving rise to a feeling of conflict.

A feeling of discomfort.

A feeling of dissatisfaction.

A feeling of frustration.

Within this human happening.

Everything is an expression.

Of THIS.

This one infinite creative universal energy.

Conflict, discomfort, unhappiness, dissatisfaction, frustration.

All THIS.

Only THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Thoughts and feelings.

Run your life.

But are you creating and generating.

Your thoughts and feelings?

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Is Who I Am (2016-07-15 08:23)



This is not about escaping.

It's not about rising above everything.

This is not about becoming perfect.

It's not about not having thoughts or feelings.

This is not about not experiencing pain or discomfort.

It's not about not suffering.

This is more about seeing who you are.

What you are.

And what makes you what you are.

It's more about seeing the perfection that you are.

Already.

Even when you're imperfect.

Even in your worst moments.

When you fail.

When you cheat.

When you get angry.

When you're afraid.

When you don't know where to turn.

Or what to do.

You are always an expression.

Of THIS.

THIS that expresses itself.

As everything.

So stand.

Stand exactly where you are.

Right now.

Simply be whatever you are.

And recognise.

This is who I am.

This is all I can be.

And this is enough.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

True Worth (2016-07-15 08:30)



THIS.

Is the Absolute.

THIS.

Absolute power.

Absolute intelligence.

THIS.

Has the capacity.

To be.

1016

To do.

Anything.

THIS.

Is being and doing.

You.

Exactly as you are.

THIS.

Is your true worth.

THIS.

Is the true worth.

Of everything.

THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Solar system.

Eco system.

Nervous system.

Where is there any evidence at all.

Of anybody making any of it happen?

THIS.

Is just one infinte seamless happening.

Systems within systems within systems within systems.....

Infinite complexity.

Infinite intelligence.

Everything happening.

All by itself.

This dance of energy.

THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS.

Is one infinite seamless happening.

One infinite functioning.

Functioning all by itself.

Trees grow.

Flowers bloom.

Rain falls.

Wind blows.

Eyes blink.

Pupils dilate.

Heart beats.

Blood flows.

One infinite functioning.

Functioning all by itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You think this is something special.

Something specific.

That you are going to get.

But this is everything.

That's why this is special.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



The show goes on.

The story plays out.

All you get.

Is THIS.

All anyone ever gets.

Is THIS.

Whatever is happening.

Right now.

In this moment.

Everything is an expression.

Of this one infinite creative universal energy.

This one infinite seamless happening.

THIS.

Nobody gets to choose.

Nobody gets to control.

Nobody gets to direct.

Everything happens by itself.

Just like it always has.

You have not brought yourself.

To this moment in your life.

And you will not be in charge.

Of the next moment.

Or the moment after that.

Or the moment after that.

Or the moment after that.

The story plays out.

The show goes on.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is only one true guru.

Appearing in many different forms.

With many different names.

All pointing to THIS.

All showing the way home.

The home nobody and nothing ever left.

Nothing needs to be found.

Nothing is ever lost.

All there is, is THIS.

Happening all by itself.

.....

Today on Guru Purnima 2016, I would like to pay my respect and express my deepest gratitude to the one true guru by acknowledging and thanking some of the brightest lights on my own path.

My deepest thanks go to:

Darryl Bailey

Ramesh Balsekar

Wayne Liquorman

Lisa Cairns

Paul Smit

Alan Watts

Robert Wolfe

Tony Parsons

Rick Linchitz

Sailor Bob Adamson

Adyashanti

.....

Finally I would like to acknowledge and pay my respects to the inner guru, the internal teacher. Our direct intimate connection with THIS, whatever you want to call THIS.

Your very being, your very existence, is its highest teaching.

Every thought, every feeling, every impulse and urge are its pointers home.

There is only THIS.

The one true guru.

This one infinite universal energy.

Internal.

External.

Everything.

Everywhere.

This one infinite seamless happening.

Happening all by itself.

THIS.

.....

Happy Guru Purnima 2016!

Arising (2016-07-19 15:27)



Whatever is arising.

Right now.

Whatever is happening.

No matter what.

You are not doing.

You are not making happen.

Are you?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What Is And Does That (2016-07-19 15:47)



Point at something.

Anything at all.

And know.

What is and does that.

Is what is and does me.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Thunder On The Horizon (2016-07-20 04:48)



Thunder on the horizon.

An expression of nature.

An expression of this one infinite universal energy.

An expression of THIS.

An inseparable part of THIS.

A happening.

Within this one infinite seamless happening.

Not making itself exist.

Not making itself happen.

Simply happening.

All by itself.

Just like you.

What you are, is what everything is.

This one infinite universal energy.

Just THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

One Big Yes (2016-07-20 05:57)



THIS.

Is one big yes.

To all that is.

Everything is already accepted.

Everything is already valid.

Exactly as it is.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Seeing what you are.

Knowing your true nature.

Does not get you anything.

Does not make you special.

In the seeing of what you are.

It is seen that everyone and everything.

Is also what you are.

Everything is already THIS.

And there is only THIS.

This is true equality.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You don't get a peaceful mind.

You get whatever mind THIS is expressing.

You don't get positive thoughts.

You get whatever thoughts THIS is expressing.

You don't get loving feelings.

You get whatever feelings THIS is expressing.

You don't get balanced emotions.

You get whatever emotions THIS is expressing.

You don't get a solution to all your problems.

You get whatever problems THIS is expressing.

You don't get anything in particular at all.

Other than what THIS is expressing.

You are searching for something specific.

When all the time.

THIS is everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Step Into The Fire (2016-07-20 16:28)



Step into the fire.

And ask yourself.

If you are making yourself exist.

Right now.

Ask yourself.

If you are making yourself happen.

Ask yourself.

If you make anything that happens, happen.

If you think you do.

Then explain exactly how you do it.

That will quickly destroy any beliefs.

In any ridiculous assumptions.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is only one reality.

There is only one truth.

The undeniable happening of this moment.

Simply THIS.

All of THIS.

That is happening right now.

All by itself.

Everywhere.

This one infinite seamless happening.

That includes everything.

There is nothing that is separate.

From this happening.

There is nothing that is separate.

From THIS.

THIS one reality.

THIS one truth.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Simplest Of Things (2016-07-21 15:37)



All is only Brahman alone.

.....

This one infinite creative universal energy.

THIS.

Expresses itself.

As everything.

There is nothing.

That THIS is not.

Do not underestimate.

The power.

The intelligence.

The perfection.

Of the simplest of things.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Infinite Seamless Happening (2016-07-21 16:00)



Every apparent thing.

Is an energetic happening.

An expression of energy.

You might say.

A tree happening.

A dog happening.

A human happening.

But if you drop the labels.

What are you left with.

Other than a collection of happenings?

Happening within.

The larger happening of this moment.

But where is there any real separation?

Are the happenings within this larger happening.

Separate from this larger happening?

Does this larger happening have any kind of edge or border?

Or is there only this one infinite seamless happening?

Only THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Follow The Wind (2016-07-22 05:06)



Don't listen to me.

Follow the wind.

It knows nothing.

It doesn't know where it's supposed to go.

Simply moving.

As it's moved.

A natural movement.

Happening all by itself.

It doesn't know what it's supposed to be.

Simply being.

Whatever it is.

Sometimes gentle and calm.

Sometimes raging and destructive.

.....

You are like the wind.

An expression of THIS.

Don't listen to me.

Follow the wind.

Follow your Heart.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

There Is Only THIS (2016-07-23 04:52)



There is no me.

There is no you.

There is only THIS.

And each human organism's.

Interpretation of THIS.

Perspective on THIS.

Sense of THIS.

There is an apparent human organism.

But there is no separate person.

There is an apparent sense of me.

But there is no me.

There is an apparent sense of you.

But there is no you.

There is only THIS.

What your sense of what you are is.

What your perspective is.

What your interpretation is.

Is not under your control.

None of it belongs to you.

It is an expression of THIS.

There is only THIS.

Your experience of yourself.

Is an expression of THIS.

There is no you.

There is only an apparent you.

An apparent human happening.

There is only a sense of you.

But there is no separate person.

In reality.

You are not.

There is only THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Appearance (2016-07-23 05:14)



Everything is an appearance.

In THIS.

An expression.

Of THIS.

Nothing other than.

THIS.

An apparent sense of being.

An apparent human being.

In an apparent world.

Appears in THIS.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS.

Expresses itself.

As a very ordinary life.

A tickle in the throat.

The remainders of breakfast.

Stuck in the teeth.

A stuffy nose.

Dry eyes.

A slightly stiff neck.

The ringing of church bells.

The smell of butter still on the lips.

The back of the hand wiping the mouth.

The smell of butter still on the lips.

The smell of butter on the back of the hand.

The everyday is the extraordinary.

THIS is all the little mundane miracles.

The Relative IS The Absolute.

There is only The Absolute.

There is only THIS.

.....

Chop wood, carry water.

Eat breakfast, wipe mouth.

.....

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Your fundamental existence.

The existence of that particular human happening.

That you call "me".

Is not your doing.

Is it?

Is any of THIS your doing?

Are you making any of THIS happen?

Check it out.

If you can.

What's true for you?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

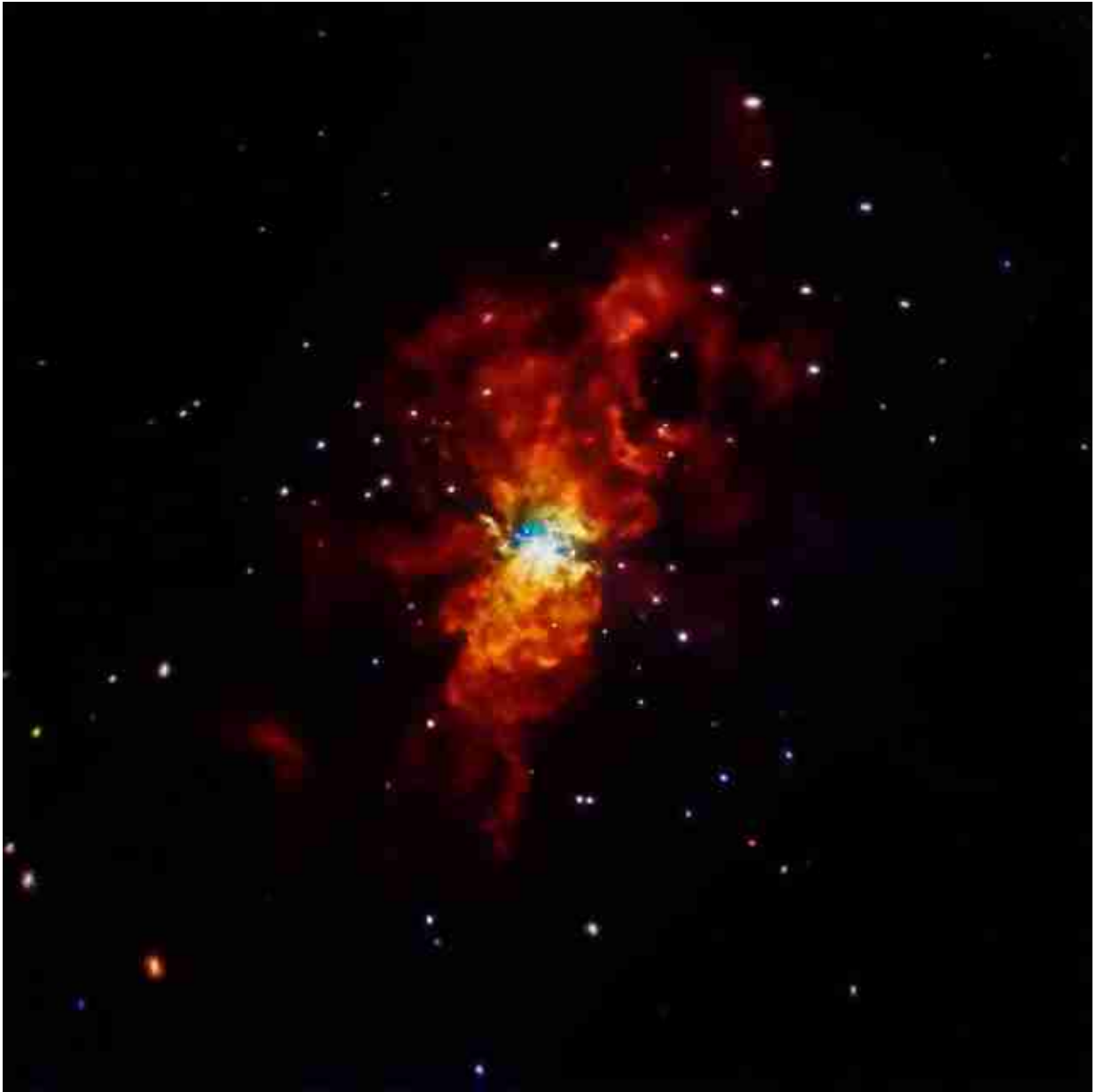
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS is.

Absolutely intimate.

Absolutely infinite.

Simultaneously.

THIS is every cell.

THIS is every particle in every cell.

THIS is every atom in the entire universe.

THIS is the entire infinite universe.

THIS is a fart.

THIS is a supernova.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nothing Without THIS (2016-07-25 05:01)



You are nothing.

Without THIS.

Nothing is anything.

Without THIS.

There is only THIS.

Being and doing everything.

THIS makes you what you are.

Exactly as you are.

THIS makes everything what it is.

Exactly as it is.

Everything is an expression of THIS.

This ultimate creative universal energy.

This one infinite seamless happening.

This Absolute.

This Source.

This God.

This Brahman.

Use whatever name you like.

Whatever works for you.

And know.

THIS is simply THIS.

THIS alone.

All of THIS.

Only THIS.

Happening all by itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

God Is A Piece Of Shit (2016-07-25 05:26)



God.

Is a piece of shit.

Like.

Literally.

.....

Oh yeah.

And everything else.

Too.

Of course.

1070

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

One Turning (2016-07-26 04:52)



The literal meaning.

Of the word universe.

Is one turning.

Undivided turning.

One happening.

This happening.

This one infinite seamless happening.

Earth turns.

Sun shines.

Tree grows.

Bird sings.

Thoughts arise.

You are not separate.

From this one infinite seamless happening.

Nothing is.

This one undivided turning is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Just This Happening (2016-07-26 04:59)

Just this happening.

Happening all by itself.

The Enlightened Wolf (2016-07-26 05:09)



A wolf.

Doesn't search for enlightenment.

It just simply is.

What it is.

This one infinite creative universal energy.

This Absolute.

Being wolf.

Doing wolf.

And this is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Words (2016-07-27 06:21)



Words are only pointers.

They only point.

To THIS happening.

THIS cannot be named.

In any true way.

But carries all names.

You can name THIS whatever you like.

Whatever works for you.

THIS may be more helpful than CHIMPANZEE.

In certain situations.

But all words point to THIS happening.

Every word.

Every name.

Is a label for THIS.

There is only THIS.

.....

The fact that THIS cannot really be named.

Does not mean you should not name THIS though.

The right word or words for you can lead you all the way home.

To the home you never left.

The right word or words for you.

Can lead to an intellectual comprehension.

An intellectual comprehension.

Can lead to a felt sense.

A felt sense can lead you to your Truth.

Find your own words.

Find your own Truth.

Just THIS.

Happening right now.

Right where you are.

No matter how it is appearing.

No matter what is being expressed.

THIS is the Truth.

There is only Truth.

There is only THIS.

THIS is being and doing you.

THIS is being and doing everything.

Including words.

-

All there is, is "This"

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Union (2016-07-27 06:27)



THIS.

All-encompassing.

THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Just look.

And see.

The infinite intricacy.

The amazing complexity.

Of all of THIS.

Each and every apparent thing.

Is a pure expression.

Of Absolute Intelligence.

Including you.

How could anybody be doing any of it?

Are you making yourself happen right now?

Are you making any of THIS happen?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

One Expression (2016-07-28 05:41)



THIS.

Is one expression of energy.

This one infinite creative universal energy.

Expressing.

Expressing.

Expressing.

All there is, is THIS.

Expressing.

Expressing.

Expressing.

Everything is an expression.

Of this one infinite energy.

Expressing.

Expressing.

Expressing.

There is only THIS.

Expressing.

Expressing.

Expressing.

Everything happening.

All by itself.

Expressing.

Expressing.

Expressing.

One infinite seamless happening.

Expressing.

Expressing.

Expressing.

THIS is what you are.

Because there is only THIS.

Expressing.

Expressing.

Expressing.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Bathed In The Absolute (2016-07-28 05:55)



You are.

Bathed in The Absolute.

Totally and completely.

Inside and out.

Everything is.

You exist in and as The Absolute.

This one infinite creative universal energy.

You are nothing other than The Absolute.

You are an expression of this one infinite energy.

Everything is.

All there is, is The Absolute.

All there is, is THIS.

No matter how wrong something appears to be.

How could anything be wrong?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Each human being.

Each human happening.

Is an automatic functioning.

An expression of universal energy.

Happening all by itself.

This automatic functioning.

Includes a sense.

That it is not all happening automatically.

That you are doing some of it.

This automatic functioning.

Includes a sense.

That you are a separate self.

But there is no separate self.

Only a sense of a separate self.

And you are not doing anything at all.

There is only a sense that you are doing it.

There is only THIS.

This one infinite seamless happening.

This one infinite creative universal energy.

How could you be separate from THIS?

Where would you be?

Are you making yourself exist?

Are you making yourself happen?

Just look at how complex you are.

Just look at what complex processes are happening.

Within you right now.

How could you be doing any of that?

Did you create your body and brain?

Are you controlling all the cells in your body?

Are you in command of brain cells, nerve cells, muscle cells?

Are you creating and generating thoughts, feelings, impulses and urges?

How?

If you think you are, then how?

How are you doing any of it?

Are you doing any of it at all?

Each human being.

Each human happening.

Is an automatic functioning.

An expression of universal energy.

Happening all by itself.

THIS is all there is.

THIS is all on automatic.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Terrible (2016-07-29 05:33)



THIS.

Is not all sunshine and roses.

THIS is terrible too.

THIS expresses itself.

As everything.

THIS includes everything.

Getting seriously ill.

Physical pain.

Psychological pain.

Deep sadness.

Deep despair.

Life can grind you down.

Life can kick you when you're down.

Life can stamp on you and crush you.

But Life will pick you up.

Life will brush you off.

And Life will carry you.

And love you.

Unconditionally.

Through it all.

You are Life.

Nothing but Life.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Almighty (2016-07-29 18:39)



Power without end.

Love without end.

Intelligence without end.

Almighty.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS is saving the world.

THIS is feeding your cat.

THIS is curing cancer.

THIS is eating chips.

THIS is making a change.

THIS is changing your underwear.

THIS is winning.

THIS is losing.

The meaning and purpose of Life.

Is only this moment.

Just what's happening.

Right now.

Whatever that might be.

Nothing is better than anything else.

Everything is an expression of THIS.

Everything.

You are so absolutely fine.

You are so absolutely perfect.

Exactly as you are.

Doing whatever you find yourself doing.

Feeling whatever you find yourself feeling.

Thinking whatever you find yourself thinking.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Ideal (2016-07-30 13:45)



There is no ideal.

That needs to be reached.

That needs to be attained.

You are already ideal.

Exactly as you are.

Right now.

Everything is.

Everything is an expression.

Of this one infinite creative universal energy.

Including you.

Exactly as you are.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



What is.

Is what is.

A reaction to what is.

Is what is.

No reaction to what is.

Is what is.

How do you create a reaction?

How do you prevent a reaction?

Are you making reactions happen?

Are you making reactions not happen?

Are you controlling reactions in any way at all?

Are you starting and stopping reactions?

Or do reactions simply happen?

Or not happen?

Are you in charge of how the body and brain react?

And if the body and brain react or not?

At what point do you get to control.

What the reaction will be?

Whether a reaction happens or doesn't happen?

How do you control reactions?

How do you make a choice not to react?

Thoughts arise.

Feelings arise.

Impulses and urges arise.

Nothing arises.

Do you have a say in what arises?

And if it arises or not?

Or is everything simply happening?

Is everything simply an expression of THIS?

A happening.

Within this one infinite seamless happening.

This one infinite creative universal energy.

THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nobody Choosing (2016-07-31 07:54)



THIS.

Is just one infinite.

Expression of energy.

With nobody choosing.

What gets expressed.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

1.7 August



Wherever you are.

Whatever you are.

However you are.

Whatever you are doing.

Whatever you are feeling.

Whatever you are thinking.

Your plans.

Your hopes and dreams.

Your wants and desires.

Your wildest fantasies.

Your success.

Your failure.

Your satisfaction.

Your frustration.

The things you love.

The things you hate.

Whatever is happening.

Is THIS.

There is only THIS.

THIS one infinite seamless happening.

Happening all by itself.

THIS one infinite creative universal energy.

Expressing itself.

As THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Wind In The Trees (2016-08-01 06:54)



Watch the wind.

In the trees.

If you can.

Far away.

On a hill.

Branches swaying.

Leaves rustling.

Birds flying overhead.

Circling.

Coming to rest.

There is no separation.

The wind.

The trees.

The leaves.

The birds.

Your eyes.

Your brain.

One expression.

Of one energy.

THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is no separation.

Between the farthest reaches.

Of the cosmos.

And you.

Exactly as you are.

Right now.

There is only THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

I Feel All Wrong (2016-08-01 07:23)



The next time you feel all wrong.

Know that you are an expression.

Of THIS which expresses itself.

As everything.

As the entire universe.

THIS absolute power.

THIS absolute intelligence.

Is what you are.

So how could you be wrong?

You are exactly what you are supposed to be.

No matter what.

Always.

Even when you feel all wrong.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Empty Streets (2016-08-01 07:47)



You have no say.

In how THIS expresses itself.

You have no say.

In how you are expressed.

You have no say.

In what happens.

But this doesn't mean.

That it's unfair.

That you are being treated badly.

That you are being kicked around.

That you are just a puppet.

Being abused by a higher power.

Because you are THIS higher power.

You are nothing other than THIS higher power.

No matter how it appears to be.

THIS is doing it to itself.

Despite how things seem.

There is nobody here.

There is only THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Right Freaking Now! (2016-08-01 11:40)



Do you really have any idea.

How important you are?

How valid you are?

How correct you are?

EXACTLY as you are.

Right now.

This one infinite energy.

That is expressing itself as the entire universe.

Is expressing itself as you.

Right now.

In this very moment.

This energy that is expressing itself.

As the whole cosmos.

And everything in it.

Is expressing itself as you.

This energy is being and doing everything.

This energy can be and do ANYTHING.

And this very same energy.

Is being and doing you.

Right now.

Always.

This is how important you are.

This is how valid you are.

This is how correct you are.

EXACTLY as you are.

RIGHT FREAKING NOW!

The same goes for everyone.

And everything.

EVERYTHING.

THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is no universe.

There is only THIS.

THIS is the universe.

.....

This one infinite universal energy.

Is the Lord Of Illusions.

Everything that is experienced.

Is an illusion.

Because there is only THIS.

Everything is an expression of THIS.

An expression of this one infinite universal energy.

All there is, is THIS one infinite universal energy.

There is nothing else.

THIS alone is.

But this does not mean the illusions are not real.

This does not mean that the illusions are to be denied.

This can so easily be turned into a denial.

There is no fire.

There is only THIS.

But fire is a very hot illusion.

And fire burns your house to the ground.

There is no ice.

There is only THIS.

But ice is a very cold illusion.

And ice freezes your toes and makes them turn black.

There is no apple.

There is only THIS.

But apple is a very crunchy and juicy illusion.

And apple tastes really good in a freshly baked apple pie.

There is no bird.

There is only THIS.

But bird is a very feathery illusion.

And bird sings beautifully on a sunny morning.

The illusions can be recognised.

The illusions can be celebrated.

As perfect expressions of THIS.

You too are an illusion.

There is no you.

There is only THIS.

Being and doing body.

Being and doing brain.

Being and doing thoughts, feelings, impulses and urges.

Being and doing a sense of a separate self.

Being and doing a sense of agency.

Visceral.

Gut wrenching.

Bone crunching.

Orgasmic.

Illusion.

.....

Put your hand in the fire.

It is true that the fire is an illusion.

It is true that your hand is an illusion.

Both are expressions of THIS.

All there is, is THIS.

But beware.

It is true that the fire will burn off your skin.

Burn away your muscles.

And turn your bones to black ash.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Find God in your dirty underpants.

We will leave it at that.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Just So (2016-08-03 05:33)



Everything.

Just so.

Everything simply happening.

Just so.

One infinite seamless happening.

Just so.

Including everything.

Just so.

Just THIS.

Just so.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Obvious (2016-08-03 05:44)



It is quite obvious.

If you are able to stop and look.

That you exist.

But you are not making yourself exist.

That everything exists.

But nothing is making itself exist.

That you are simply happening.

But you are not making yourself happen.

That everything is simply happening.

But nothing is making itself happen.

That THIS is one infinite seamless happening.

That THIS is one single existence.

One ISness.

One Reality.

Just THIS.

Nothing is separate from THIS.

Everything is an expression of THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Endless (2016-08-03 06:18)



THIS.

Has no end.

Has no boundary.

THIS is The Absolute.

This one infinite universal energy.

That expresses itself as everything.

Is and does everything.

Everything is this energy.

There is only this energy.

Every atom of every molecule of every cell in your body is this energy.

THIS Absolute.

You are this energy.

THIS Absolute.

That fly on the window is this energy.

THIS Absolute.

That tree outside is this energy.

THIS Absolute.

That aeroplane high up in the sky full of people is this energy.

THIS Absolute.

The sun shining bright above the earth is this energy.

THIS Absolute.

That galaxy in the farthest reaches of the cosmos is this energy.

THIS Absolute.

THIS.

Has no end.

Has no boundary.

THIS is The Absolute.

All that is.

The Endless.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are not defective.

You are not broken.

You are a perfectly imperfect expression.

Of infinite universal energy.

All of your apparent defects, flaws, weaknesses and problems.

Are expressions of this one infinite universal energy.

Everything is an expression of THIS.

Did you create any of your apparent defects?

Are you making any of that happen?

If you think you are, then exactly how are you doing it?

How exactly do you create an apparent defect?

THIS is being and doing everything.

Everything is an expression of THIS.

One infinite creative universal energy.

THIS is omnipotent, all-powerful.

THIS does not make mistakes.

Seeing that you are an expression of THIS.

Nothing other than THIS.

Seeing that everything is an expression of THIS.

Does not fix you.

Does not make you a perfect person.

Because.

You are not defective.

You are not broken.

You are a perfectly imperfect expression.

Of infinite universal energy.

Right now.

Everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What Is THIS Doing? (2016-08-05 05:43)



What is THIS doing?

Right now.

What is happening?

Right now.

Whatever is happening.

Right now.

Is the expression of THIS.

This one infinite creative universal energy.

Expressing itself.

As this one infinite seamless happening.

That includes everything.

Everything happening by itself.

With absolute intelligence.

Without anybody doing any of it.

.....

Right perspective.

Is whatever perspective is being expressed.

Right now.

Right intention.

Is whatever intention is being expressed.

Right now.

Right speech.

Is whatever speech is being expressed.

Right now.

Right action.

Is whatever action is being expressed.

Right now.

Right livelihood.

Is whatever livelihood is being expressed.

Right now.

Right effort.

Is whatever effort is being expressed.

Right now.

Right mindfulness.

Is whatever mindfulness is being expressed.

Right now.

Right concentration.

Is whatever concentration is being expressed.

Right now.

.....

There is nothing right that needs to happen.

That is other than what is happening right now.

There is nothing wrong with what is happening right now.

Whatever that may be.

What is, is what is right.

This ordinary life.

Is the divine expression.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Ideas (2016-08-05 05:50)



Everything.

That humans.

Have apparently achieved.

Started as an idea.

In somebody's mind.

That nobody created.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What Would Be The Point? (2016-08-05 06:16)



If you were creating thoughts.

Wouldn't you need to know.

What the thought was going to be.

Before you created it?

Wouldn't you already be thinking the thought?

Then what would be the point of creating it?

And who would create the thought about the next thought?

Think about it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



From a very early age.

We get taught.

To be good.

"Be a good boy".

"Be a good girl".

We are taught.

That we have the power.

To control our behaviour.

"Behave yourself!".

And we must control it.

We must be good.

The people who teach us.

Were taught the same thing.

And it was never questioned.

But do you have the power to control your behaviour?

There may be a sense that you do.

An illusion.

But how exactly do you do it?

Are you picking and choosing your behaviour?

Are you stopping undesirable behaviour and generating desirable behaviour?

How?

Or is it just a ridiculous assumption?

Do you have any power to control anything at all?

Or is everything an expression of THIS?

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is only an apparent you.

In reality there is only THIS universal energy.

Being and doing everything.

Not separate from you.

What you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Nothing belongs to you.

Nothing can be grasped.

Nothing is fixed.

Everything is fluid.

Flowing.

Morphing.

Changing.

Your apparent knowledge.

Your apparent understanding.

Your apparent clarity.

Your apparent perspective.

Are not yours to own.

Nothing is attained.

Nothing is achieved.

Everything is an expression of THIS.

Everything is fluid.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Body.

Are you making it happen?

How?

Or is it happening by itself?

Brain.

Are you making it happen?

How?

Or is it happening by itself?

Thoughts.

Are you making them happen?

How?

Or are they happening by themselves?

Feelings.

Are you making them happen?

How?

Or are they happening by themselves?

Impulses and urges.

Are you making them happen?

How?

Or are they happening by themselves?

Actions.

Are you making them happen?

How?

Or are they happening by themselves?

Sense of agency.

Are you making it happen?

How?

Or is it happening by itself?

Sense of being a separate self.

Are you making it happen?

How?

Or is it happening by itself?

Suffering.

Are you making it happen?

How?

Or is it happening by itself?

Existence.

Are you making THIS happen?

How?

Or is THIS happening by itself?

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Before Understanding (2016-08-06 12:58)



No understanding.

A belief.

A conceptual understanding.

A deep felt sense of the Truth.

There is no difference.

You are an expression of THIS.

Before any understanding.

There is always only THIS.

Your apparent understanding is an expression of THIS.

There is no difference.

Between a so called enlightened person.

And a so called unenlightened person.

There is no difference.

Between a so called guru.

And a so called disciple.

Everything is an expression of THIS.

There is always only THIS.

You do not need to understand anything.

To be what you are.

You are simply the happening that you are.

Right now.

You are already the expression that you are.

An expression of this infinite creative universal energy.

The same as everything that is.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Nothing gets to choose.

What it is.

Everything simply is.

What it is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything.

Is an expression.

Of Perfect Intelligence.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

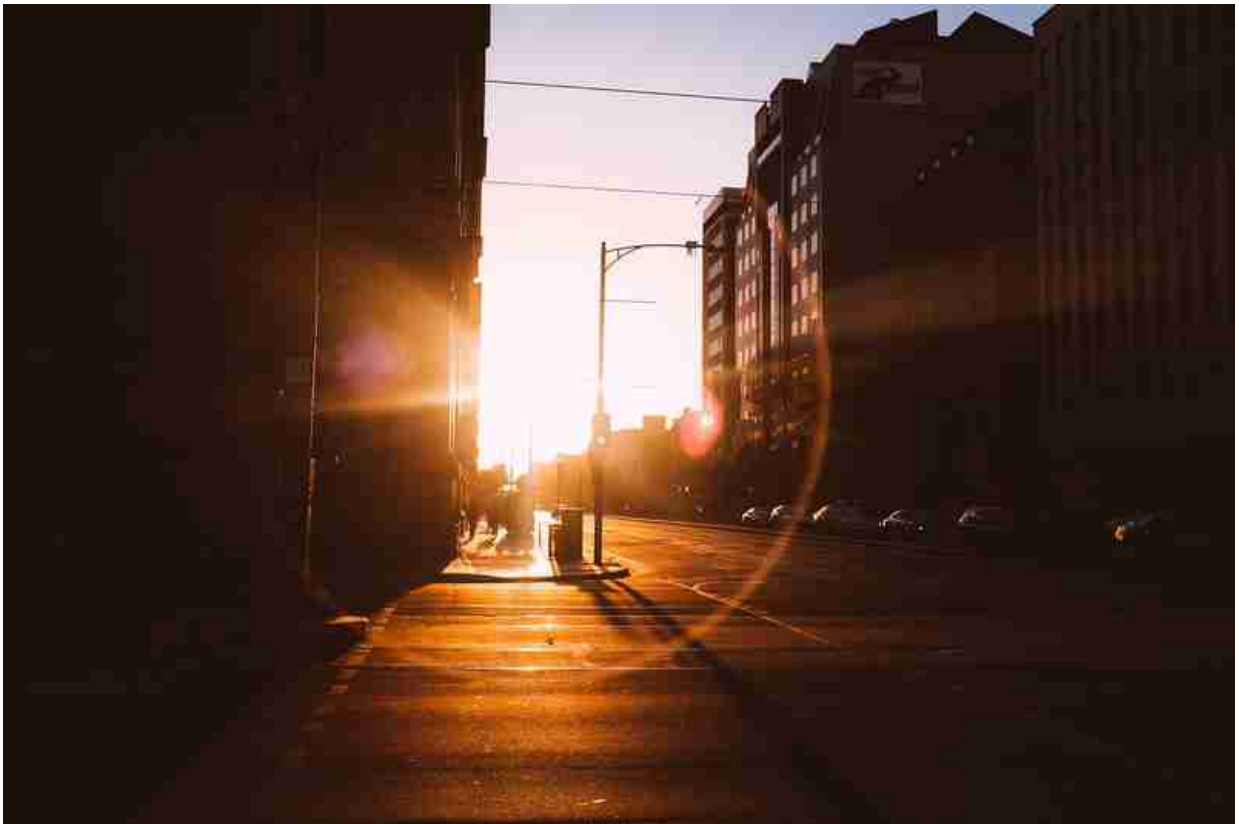
All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Recognition (2016-08-07 07:59)



This isn't something you get to attain.

This isn't something you get to keep.

There's no arriving at a conclusion.

This is never over.

This is a recognition.

That happens again and again and again.

A recognition that there is only this happening.

Happening right now.

A recognition that you are happening.

But you are not making yourself happen.

A recognition that everything is happening.

But nothing is making itself happen.

A recognition that nothing is separate from this happening.

That nothing exists outside of this happening.

A recognition that everything is an expression.

Of something greater.

Pure Intelligence, Creativity and Power.

Whatever you want to call THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Real (2016-08-08 12:21)



THIS is real.

THIS is reality.

THIS that is happening.

Right now.

No matter what.

THIS that you are.

Right now.

No matter what.

Just THIS.

Happening.

Right now.

All by itself.

Nobody making any of it happen.

There is nothing other than THIS.

THIS is real.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Oh Baby (2016-08-08 12:34)



How did you grow from a baby.

Into an adult?

Was that something you did?

Or did it happen automatically?

Could it be.

That everything.

Is simply happening.

All by itself?

Could it be.

That everything.

Is an expression.

Of a power.

An intelligence.

That can't be understood?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Alive (2016-08-09 05:04)



Everything is alive.

An expression.

Of living energy.

From the planets.

Orbiting the Sun.

To the neurons.

Firing in your brain.

Everything is an expression.

Of THIS living energy.

Nothing other than.

THIS Aliveness.

Happening.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Happening (2016-08-09 05:15)



The Happening.

THIS Happening.

Alone.

All One.

Now.

Right now.

THIS.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

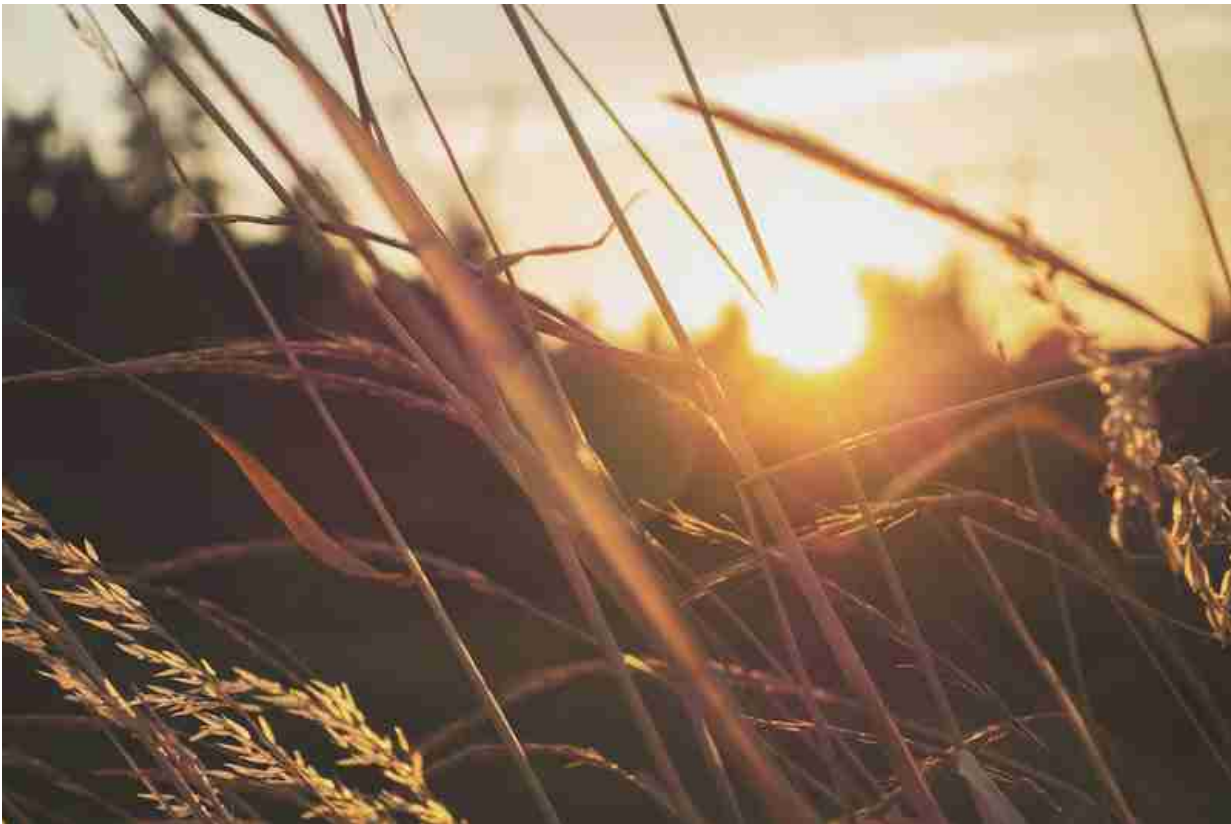
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS.

Is one Life.

Living.

The entirety of existence.

This infinite seamless happening.

All THIS.

Is one Life.

Living.

Happening all by itself.

Living.

With nobody doing any of it.

Living.

THIS living energy.

THIS one Life.

THIS infinite seamless happening.

Happening.

Now.

Now.

Now.

Now.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are just.

Far too complicated.

For you to be making yourself.

Happen.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Each Breath (2016-08-10 05:40)



Each breath.

Each heartbeat.

Each blink of an eye.

Is a movement of Infinity.

Everything.

Is an expression of Perfection.

.....

Nothing is making itself happen.

Nothing is making itself exist.

Everything is happening.

Happening all by itself.

THIS happening.

Now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Despite a sense of agency.

Are you truly making anything happen?

What?

How?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS is not a special state.

THIS is all states.

THIS is the state.

That you find yourself in.

Right now.

No matter what.

.....

Are you making yourself happen.

As you are.

Right now?

.....

Every state is an expression.

Of universal energy.

Of universal intelligence.

Of universal power.

THIS single universal force.

That is and does.

Everything.

.....

Are you making yourself happen.

As you are.

Right now?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Every thought and feeling.

Every impulse and urge.

Is guiding you.

Along your path.

There are no mistakes.

You cannot do THIS wrong.

Because you are not doing anything.

Everything is happening.

All by itself.

.....

Guidance.

Dance.

Energy dancing.

THIS great light.

Lighting the way.

All ways.

All paths.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Coming And Going (2016-08-11 13:48)



Everything comes and goes.

The ever flowing expression of THIS.

Whatever you want to call THIS.

Energy, Nature, Life, Source, Reality, Consciousness, Tao, Brahman, God, The Universe.

Always on its way to the next expression.

An ever shifting display of appearances.

An ever changing happening.

Happening all by itself.

Everything is included in THIS happening.

Everything comes and goes.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Body (2016-08-11 17:01)



The body.

Is a direct connection with The Absolute.

With Universal Energy.

With THIS.

The body.

Is an expression of The Absolute.

Of Universal Energy.

Of THIS.

The body.

Is not separate from The Absolute.

From Universal Energy.

From THIS.

.....

Just look at how complex the body is.

How is the body happening?

How is the body existing?

Is that something you are doing?

What is doing that?

.....

You are the body.

You are this human happening.

This human happening.

Is an expression of Universal Energy.

This human happening.

Is The Absolute.

You are the body.

You are The Absolute.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Lifeforms (2016-08-12 05:30)



Everything.

Is a lifeform.

Everything.

Is Life.

In a form.

There is only Life.

There is only THIS.

Happening.

All by itself.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This sense of being a separate self.

Is the trick.

This sense of agency.

Is the trick.

This sense of being a separate self.

Does not mean that there is a separate self.

This sense of agency.

Does not mean that there is an agent.

A doer of actions, a thinker of thoughts.

These are merely illusions.

These are merely tricks.

This is Life tricking itself.

You are supposed to feel like a separate self.

You are supposed to feel like an agent.

You are supposed to feel like you.

This is how Life works.

But.

How are you making yourself exist?

How are you making yourself happen?

Did you create your body?

Did you create your brain?

Are you controlling and managing their functioning?

How are you making yourself see?

How are you making yourself hear?

Or touch, taste and smell?

How are you creating and generating thoughts?

Or feelings?

Or impulses and urges?

How do you breathe?

How do you move your hand?

How do you blink your eyes?

Which muscle cells are you contracting?

How are you contracting them?

How are you communicating with them?

How are you creating the sense of being a separate self?

How are you creating the sense of agency?

This sense of being a separate self.

Is the trick.

This sense of agency.

Is the trick.

This is Life tricking itself.

There is only Life.

Only THIS.

You are a happening.

Everything is a happening.

Happening all by itself.

Within THIS larger happening.

How can anything be separate.

From THIS one infinite seamless happening?

Happening all by itself.

Right now.

Always.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



"For in Him we live and move and have our being."

- Acts 17:28

.....

Forms of The Formless.

Emerge.

Manifest.

Are born.

In and as THIS.

Forms of The Formless.

Exist for a while.

Play for a while.

Suffer for a while.

In and as THIS.

Forms of The Formless.

Disappear.

Are destroyed.

Die.

In and as THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Going Going Going (2016-08-13 15:38)



THIS goes.

And goes.

And goes.

And goes.

And where THIS is going.

Nobody knows.

Everything is happening.

All by itself.

All there is.

1210

Is THIS infinite happening.

You are not separate.

From THIS happening.

You are a happening.

Within THIS happening.

You go.

And go.

And go.

And go.

And where you are going.

Nobody knows.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

It's Not Important (2016-08-15 05:43)



It's not important.

How you are.

Or who you are.

All that's important.

Is what you are.

What makes you how you are?

What makes you who you are?

It's not about improving yourself.

No improvements are required.

You are already all you can be.

In this moment.

You are an expression of that.

Which expresses itself.

As the entire universe.

And everything in it.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything.

Is an expression.

Of THIS.

This Universal Energy.

This Absolute.

This Infinite.

This Everything.

THIS is all inclusive.

Everything is included.

Everything is allowed.

THIS is unconditional freedom.

You are not making yourself exist.

You are not making yourself happen.

You are an expression of THIS.

All thoughts can come and go.

All feelings can come and go.

Resistance can come and go.

Getting caught up can come and go.

Identification can come and go.

Confusion can come and go.

Suffering can come and go.

None of it belongs to you.

You are not making any of it happen.

Everything is an expression of THIS.

Everything can come and go.

THIS is unconditional freedom.

THIS includes everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

In All Things (2016-08-15 06:20)



The intelligence.

The power.

The beauty.

Hiding.

Clearly.

In all things.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

All Just A Happening (2016-08-15 11:10)



It was all just a happening.

Every moment of your life.

Your body formed from a single cell.

All just a happening.

You grew from a baby into an adult.

All just a happening.

Thoughts arose.

All just a happening.

Feelings arose.

All just a happening.

Impulses and urges arose.

All just a happening.

Decisions were made.

All just a happening.

Things were done.

All just a happening.

It is the same right now.

All just a happening.

It will always be that way.

All just a happening.

Just this one infinite seamless happening.

One expression.

Of Absolute Intelligence Energy.

All just a happening.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Tall Grass, Warm Breeze (2016-08-16 05:36)



Tall grass.

Gently.

Waving.

In the warm breeze.

Quietly.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

One Song (2016-08-16 05:56)



One song.

In harmony.

One dance.

In unison.

Everything.

Happening.

Together.

One happening.

This happening.

Simply happening.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Dear bird.

Said the sun.

Why do you fly?

I don't know my friend.

It's just what I do.

Said the bird.

.....

Dear sun.

Said the bird.

Why do you shine?

I don't know my friend.

It's just what I do.

Said the sun.

.....

And the bird flew.

And the sun shone.

—

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Preferences (2016-08-16 08:02)



What is it.

That creates.

And expresses.

Your preferences?

What you like.

What you don't like.

What you enjoy.

What you don't enjoy.

What you find important.

What you find unimportant.

What you want.

What you don't want.

All of these things.

All of your preferences.

Are a perfectly valid expression.

Of Universal Intelligence.

You're not creating them.

You're not making them happen.

If you think you are.

How?

All of your preferences.

Are a perfectly valid expression.

Of Universal Intelligence.

You.

Are a perfectly valid expression.

Of Universal Intelligence.

Of THIS.

Everything is.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Absolutely Correct (2016-08-16 08:17)



Whatever is.

Right now.

Is absolutely correct.

No matter what is.

.....

What is.

Is not being done by anybody.

What is.

Is an expression.

Of The Absolute.

Absolute Intelligence.

Absolute Power.

Absolute Creativity.

Absolute Understanding.

Whatever is.

Right now.

Is absolutely correct.

No matter what is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Every Nook And Cranny (2016-08-17 05:56)



THIS is everything.

THIS is everywhere.

In every nook and cranny.

There is nowhere.

That THIS is not.

There is nothing.

That THIS is not.

THIS is being and doing.

Everything.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Be Done (2016-08-17 06:03)



Sit quietly.

For a moment.

If you can.

And just be done.

Just be expressed.

Just be the expression.

That you are.

.....

This is you being done.

This is you being loved.

This is you being supported.

This is you being accepted.

Unconditionally.

Exactly as you are.

Without needing to do anything.

.....

Simply recognise.

The fact of your existence.

That you are not making yourself exist.

That you are an expression.

Of something greater.

That this something greater.

Is what you are.

What everything is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Your Truth (2016-08-17 06:12)



Your truth.

Is what matters.

Your truth.

Is The Truth.

You will be told what to be.

You will be told what to want.

You will be told what to do.

You will be told what to think.

You will be told what to feel.

But.

Your truth.

Is what matters.

Your truth.

Is The Truth.

Everything.

Is a unique valid expression.

Of Universal Energy.

Of Universal Intelligence.

Including you.

Exactly as you are.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Blossoms In The Spring (2016-08-17 10:35)



A tree.

Isn't making itself exist.

Isn't making itself happen.

A tree.

Doesn't decide when it will blossom.

It doesn't create each delicate flower.

A tree.

Doesn't decide when it will carry fruit.

It doesn't create each juicy apple.

A tree.

Doesn't decide when it will lose its leaves.

It doesn't drop each leaf one after the other.

A tree.

Is an expression of Nature.

An expression of Universal Energy.

An expression of THIS.

You are just like a tree.

Everything is just like a tree.

THIS is one expression.

THIS is one happening.

–

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Life unfolds.

From moment to moment.

All by itself.

Exactly as it needs to.

Everything is a happening.

Within this one infinite happening.

This happening is all there is.

Happening.

Expressing.

Unfolding.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Out Of The Ordinary (2016-08-19 05:48)



THIS.

Is nothing.

Out of the ordinary.

THIS.

Is nothing.

Special.

THIS.

Is the very ordinary.

Everyday.

Happening.

Happening right now.

Just THIS.

Right now.

Just THIS.

Everyday.

Ordinary.

Miracle.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Without Words (2016-08-19 06:29)



What is there.

Without words.

To name it.

Without words.

To describe it.

You may want to say.

Simply THIS.

Or.

THIS happening.

THIS expression.

But those are words.

What is there.

Without words.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Familiarly Unfathomable (2016-08-19 06:32)



THIS.

Is so familiar.

THIS.

Is so unfathomable.

THIS.

Is so intimate.

THIS.

Is so infinite.

THIS.

Is The Absolute.

Everything.

Everywhere.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are limited.

But what you are.

Is unlimited.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



All there is.

Is Life happening.

Everything.

Is Life happening.

This one infinite happening.

That includes everything.

This one infinite expression.

Of Life Energy.

Everything is an expression.

Of Life Energy.

You are an expression.

Of Life Energy.

You are Life happening.

Everything.

Is Life happening.

All there is.

Is Life happening.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Vibrant (2016-08-21 11:39)



THIS.

Vibrant.

Alive.

Complex.

Infinite.

Dance of Energy.

–

All there is, is “This”.

This “ultimate creative universal energy”.

1260

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Only This (2016-08-22 05:15)



Every raindrop.

Only THIS.

Every cloud.

Only THIS.

Every tree.

Only THIS.

Every flower.

Only THIS.

Every blade of grass.

Only THIS.

Every animal.

Only THIS.

Every human being.

Only THIS.

Every laugh.

Only THIS.

Every tear.

Only THIS.

Every thought.

Only THIS.

Everything.

Only THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Just Be True (2016-08-22 05:32)



Just be true.

Just be what you are.

Right now.

Whatever that might be.

No matter what.

It requires nothing.

It's not one single step away.

From what you are.

Right now.

From what's happening.

Right now.

The Truth is what you are.

The Truth is what's happening.

Right now.

Just be true.

Just be what you are.

Right now.

You can't be anything else.

It requires nothing.

It's not one single step away.

–

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Not Your Life (2016-08-22 05:53)



Not your life.

Just Life.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

1268

Without anybody doing any of it.

And this is what you are.

What everything is.



The eyes.

Seeing.

THIS.

Happening.

Are not separate from.

THIS.

Happening.

Are nothing other than.

THIS.

Happening.

The seeing.

Is not separate from.

THIS.

Happening.

Is nothing other than.

THIS.

Happening.

There is only.

THIS.

Happening.

THIS.

Infinite.

Happening.

.....

[youtube <https://www.youtube.com/watch?v=VK7Z83UbwKM> &w=560 &h=315]

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything is.

A perfect design.

A perfect expression.

A perfect creation.

Imbued with Absolute Intelligence.

Pervaded by Absolute Power.

Throughout every aspect.

Of its existence.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Clear And Bright (2016-08-24 05:20)



Always shining.

Clear and bright.

All through the day.

All through the night.

In the darkness.

In the light.

Always shining.

Clear and bright.

.....

In everything.

As everything.

.....

Even the darkness burns brightly.

-

All there is, is "This".

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This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Outside (2016-08-24 05:27)



Nothing exists.

Outside.

Of this happening.

Nothing exists.

Outside.

Of what is.

Nothing exists.

Outside.

Of THIS.

THIS is what is.

THIS is this happening.

All of THIS.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Whatever Shows Up (2016-08-24 06:48)



There's no right answer.

There's no right way to be.

There's nothing to become.

There's nothing to get.

Just what's showing up.

Just what's happening.

Right now.

This expression.

This happening.

THIS IS IT.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Completion (2016-08-24 13:28)



You are complete.

You are whole.

Already.

Now.

Always.

No matter what.

You are an expression.

Of Universal Energy.

THIS which expresses itself.

As all that is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Just As You Are (2016-08-25 05:14)



This is total validation.

Of your existence.

Just as you are.

Right now.

In this moment.

No matter how you are.

No matter what you are.

The source of your existence.

Is the source of all existence.

The source of what you do.

Is the source of all that happens.

One Source.

Being and doing.

Everything.

This is total validation.

This is unconditional love.

The unconditional acceptance of all that is.

Always.

No matter what.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What's Happening? (2016-08-26 05:46)



What's happening?

Right now.

Right where you are.

Is anybody making that happen?

How?

Or is it simply happening?

Everything you are aware of.

Happening.

Within your range of experience.

What might you call it?

An expression of Energy?

An expression of Nature?

An expression of Life?

What about you?

Are you making yourself happen?

Are you making yourself exist?

Or are you simply happening?

Could you be an expression.

Of this same Energy?

This same Nature?

This same Life?

Could it be that this.

Is one happening?

One infinite happening.

Happening all by itself.

Including everything.

One infinite expression of Energy.

One infinite expression of Nature.

One infinite expression of Life.

That you are not separate from.

That nothing exists outside of.

Trees grow.

Flowers bloom.

Birds sing.

Insects crawl.

Dogs bark.

The Sun shines.

The Earth turns.

And you are what you are.

And you do what you do.

What's happening?

THIS.

—

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are.

Universal Life Energy.

You always have been.

You always will be.

Everything is.

Universal Life Energy.

Everything always has been.

Everything always will be.

All there is, is Universal Life Energy.

This one infinite living expression.

This one infinite vital happening.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Who Grew The Baby? (2016-08-27 14:33)



Who grew the baby?

Who made that happen?

Who is doing this now?

Who is making this happen?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



The limited.

Human organism.

The human happening.

That you are.

Is nothing other than.

This infinite.

Unlimited.

Absolute.

.....

You are an expression.

Of the infinite energy of the universe.

You are nothing other than THIS.

There is only THIS.

This is the freedom to be human.

To simply be what you are.

Whatever that might be.

Right now.

In this very moment.

.....

The unconditional freedom that is.

Even in bondage.

The unconditional peace that is.

Even in suffering.

.....

The human happening.

That you are.

Is nothing other than.

This infinite.

Unlimited.

Absolute.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nothing Stays The Same (2016-08-29 11:14)



This too shall pass.

.....

Everything.

Is always changing.

Nothing stays the same.

Nothing is fixed.

There is nothing to attain.

There is no final destination.

Nothing to hold on to.

Nothing to own.

Not even an understanding.

There is only the expression.

Of this moment.

Just this happening.

Right now.

Just THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

One Single Thing (2016-08-29 11:19)



Name one single thing.

That you are making happen.

And then explain exactly.

How you are making it happen.

Can you?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

No Idea (2016-08-29 14:24)



If you stop and look.

Really look.

You might recognise.

That you have absolutely.

No idea.

How any of this is happening.

You have no idea.

How you are seeing.

You have no idea.

How you are hearing.

You have no idea.

How your brain is working.

You have no idea.

How you are breathing.

You have no idea.

How your heart is beating.

You have no idea.

How you are alive.

You have no idea.

How you exist.

No idea.

No idea at all.

You are a happening.

Everything is a happening.

All there is.

Is this one infinite seamless happening.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Whether there is peace.

Or all out war.

Is not within anybody's control.

It is nobody's choice.

Nobody has a choice.

.....

How the brain functions.

Is not within anybody's control.

What the brain produces.

Is not under anybody's command.

All reactions.

All thoughts, feelings, impulses and urges.

Arising within this human happening.

Are expressions of Energy.

This human happening.

Is an expression of Energy.

Just a happening.

Within this one infinite happening.

This one infinite expression of Energy.

Sometimes there is peace.

Sometimes there is war.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



This is an impersonal.

Expression of Energy.

That appears to be personal.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Everything.

Is all part of it.

All part of THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

From Nowhere (2016-08-31 07:15)



Where will your next thought come from?

How will it be created?

How will it manifest?

What will it be made from?

How will you know when it's here?

How will you become aware of it?

Will you be making all that happen?

What about your next feeling?

What about your next impulse or urge?

.....

From nowhere.

Out of nothing.

Happening all by itself.

.....

The nowhere that is everywhere.

The nothing that is everything.

The happening that is THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Are (2016-08-31 07:23)



You are.

Like the warm breeze.

On a summer day.

You are.

Like sunbeams.

Dancing in the clouds.

You are.

Like dew drops.

On an early morning.

You are.

Like fresh cool water.

In a mountain stream.

You are.

An expression.

Of incredible beauty.

Intricacy and complexity.

You are.

An expression.

Of unfathomable intelligence.

Power and love.

You are.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This, Now (2016-08-31 08:00)

This.

Now.

1.8 September



Somewhere.

There is great good.

Happening.

Right now.

Somewhere.

There is great evil.

Happening.

Right now.

Both have the same Source.

Neither are separate from this happening.

The impulse to do good.

Is not created by anyone.

The impulse to do evil.

Is not created by anyone.

Nobody commands and controls the process.

To move the hands.

To save a life.

Nobody commands and controls the process.

To move the hands.

To take a life.

Everything is a happening.

Happening the way it happens.

Happening all by itself.

Everything.

Just this one infinite seamless happening.

Including all that is.

Good and evil.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Within And Without (2016-09-01 14:26)



The happening.

Within.

Is not different to.

And not separate from.

The happening.

Without.

Heart beating.

Earth turning.

Thoughts arising.

Leaves falling.

Body tensing.

Lightning striking.

There is no within and without.

There is only this happening.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Outside The Window (2016-09-01 14:41)



Look outside the window.

Whatever is making that happen.

All of it.

Is making you happen.

.....

Whatever that is.

All of it.

Is what you are.

.....

There is only this happening.

Happening all by itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Your Nature (2016-09-01 14:51)



We seem to have forgotten.

That we are as much Nature.

As a forest teeming with wildlife is.

We are an expression.

Of that same Life Energy.

Just like everything else.

All there is, is Life.

This one infinite expression.

Of Life Energy.

This is your Nature.

Your True Nature.

The True Nature of everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Nothing is wrong.

Everything is THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



THIS is.

Infinite fullness.

Infinite variety.

Infinite richness.

Infinite diversity.

Infinite power.

Infinite energy.

Infinite intelligence.

Infinite potential.

Infinite aliveness.

Infinite Life.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Whole Of Existence (2016-09-03 14:31)



Everything.

The whole of existence.

All THIS.

Simply happening.

The way it's happening.

Including you.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Never Did Anything (2016-09-03 14:39)



You never did anything.

Everything.

Has always been simply happening.

An expression of Energy.

An infinite expression of Energy.

Is all there is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



It really doesn't matter.

What you are.

Or how you are.

Because you are not making you happen.

Are you?

You're OK as you are.

I swear.

You're totally OK.

You're being expressed.

Exactly like that.

Exactly the way you are.

Just check and see.

If you can.

Are you making yourself exist?

Are you making yourself happen?

.....

You're like the Sun.

You're like the stars.

You're like the trees and the birds.

The rivers and the mountains.

That's how OK you are.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nowhere To Get To (2016-09-04 09:21)



There is truly nowhere to get to.

But here.

There is truly nothing to achieve.

But what's happening.

There is truly nothing to be.

But what you are.

This is it.

You are it.

Already.

What is it?

Who knows?

Call it what you want.

Energy, Source, Nature, Existence, Life.

It's what you are.

It's what everything is.

It's THIS.

All THIS.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Home (2016-09-04 09:54)



You are already home.

Home in this happening.

A happening within this happening.

Just this one infinite happening.

Home.

Right where you are.

As you are.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Clouds Going By (2016-09-05 05:47)



Clouds going by.

Life going by.

All one flow.

All one happening.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Almighty Brahman (2016-09-05 06:13)



Almighty Brahman.

Lord of all that is.

From the highest to the lowest.

From the strongest to the weakest.

From the greatest to the smallest.

Almighty Brahman.

Simply all that is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

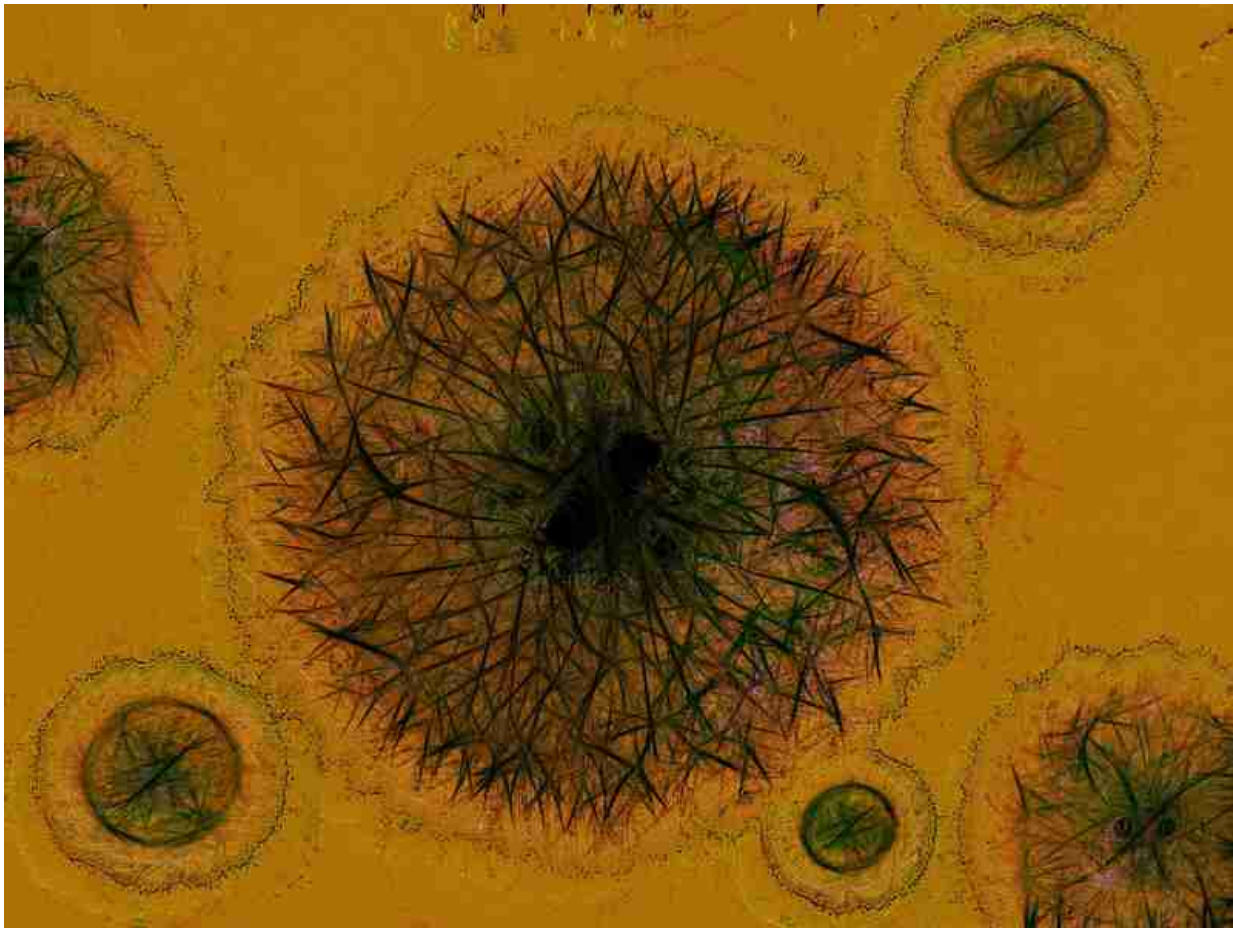
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Science.

Is a beautiful companion.

To spirituality.

Science.

Reveals the absolute complexity.

Of Life.

The fact that THIS is all far too complex.

For anybody to be making it happen.

That Life is a happening.

One infinite seamless happening.

Happening by itself.

Including you.

Including everything.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

I Don't Know (2016-09-06 12:16)



How are you existing right now?

How are you alive right now?

How are you conscious and aware?

How are you breathing?

How is your heart beating?

How are you seeing?

How are you hearing?

How are you sensing anything?

How is your brain functioning?

How are thoughts, feelings, impulses and urges arising?

How are you moving your body?

You don't know.

You really don't know.

Do you?

And you don't need to know.

Because you are a happening.

Everything is a happening.

Happening automatically.

Happening all by itself.

An expression of Absolute Intelligence.

Just THIS one expression.

THIS one infinite seamless happening.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Wonder Of It All (2016-09-06 23:19)

THIS is it!

The Wonder Of It All - Darryl Bailey

www.darrylbailey.net



THIS is singing in church.

THIS is hanging over a toilet bowl, throwing up.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Just This Infinite Happening (2016-09-07 11:27)



The happening that you are.

Is all you can ever be.

Just the happening that you are.

Right now.

Just happening.

Nobody doing it.

Nobody making it happen.

None of it.

None of THIS.

All of THIS just happening.

With perfect precision.

With perfect intelligence.

All by itself.

Everything happening by itself.

Everything.

Just THIS infinite happening.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



A cobweb.

Glistening in the Sun.

Moved by the wind.

Just THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

All Along (2016-09-08 14:32)



Your true nature.

Has been your true nature.

All along.

You are a living expression.

Of Life Energy.

You always have been.

You always will be.

Everything is an expression.

Of this same Life Energy.

THIS is one infinite expression.

THIS is one infinite happening.

Even if there is a recognition of this.

How can a living expression.

Expect to be anything other.

Than whatever it is.

Right now?

There is nothing wrong with you.

There was never anything wrong.

You are a living expression.

Of Life Energy.

Completely valid as you are.

Everything is.

.....

Expect nothing.

Be ready for anything.

This is the miracle of Life.

Right now.

Always.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



If a cat.

Realised its true nature.

Would it be anything other than a cat?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Every blade of grass.

Every leaf on every tree.

Every hair on your head.

Every atom in the entire universe.

All THIS.

Only THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Without Saying Anything (2016-09-09 06:22)



Without saying anything.

Not a single word.

Without any description.

Without any label.

Without any explanation.

Without a single thought.

THIS happening is still obvious.

Simply THIS.

Happening right now.

Effortlessly.

All by itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

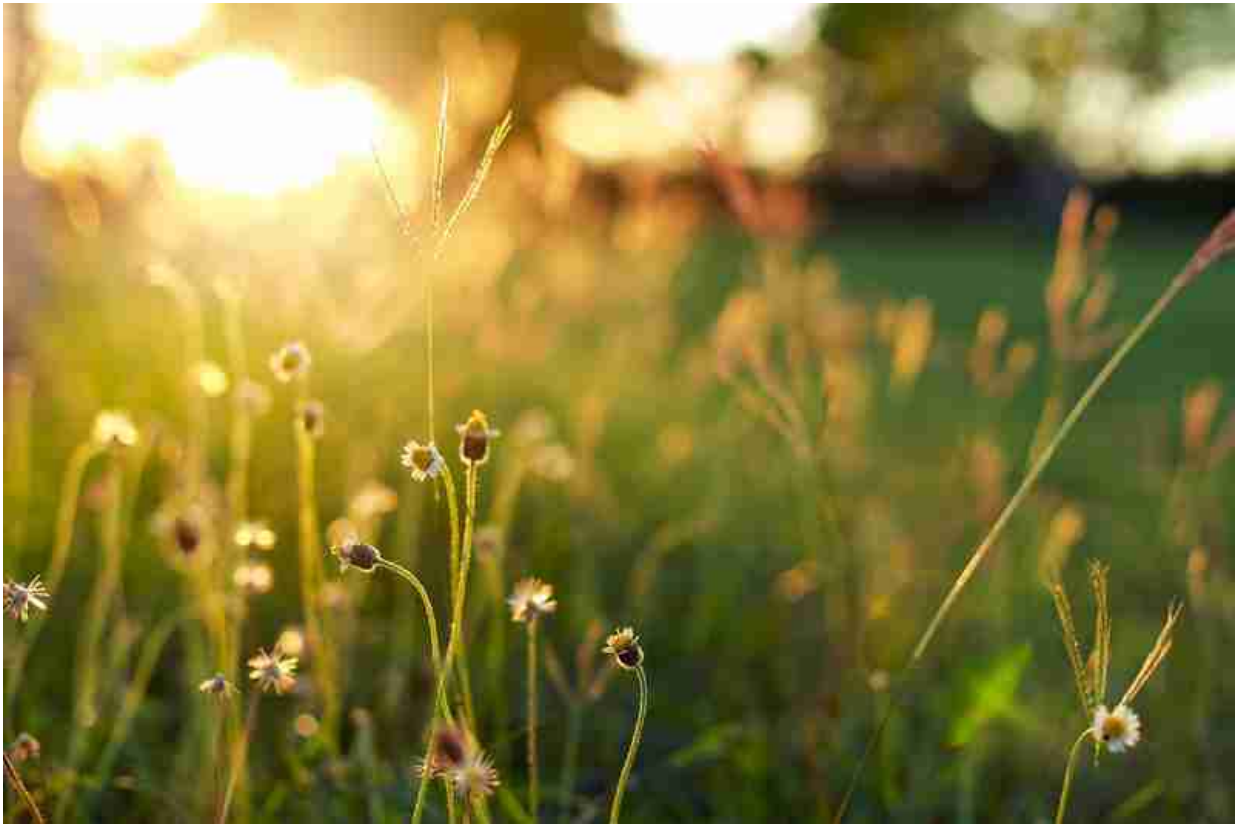
All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

How Is It Here? (2016-09-09 06:29)



How is it here?

How is it existing?

How is it happening?

Anything.

Everything.

How are you here?

How are you existing?

How are you happening?

Everything is an expression of THIS.

THIS is being and doing everything.

All of these happenings.

THIS one infinite seamless happening.

THIS one infinite expression.

Of whatever THIS is.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are a phenomenon.

Everything is a phenomenon.

An expression of that which cannot be known.

That which is everything.

That which is THIS.

All THIS.

Pointed to with words like.

Energy, Source, Nature, Life, The Tao, The Absolute, God, Brahman, Noumenon.

But never truly named.

Simply THIS.

All THIS.

Happening right now.

THIS infinite happening.

Happening all by itself.

Including everything.

THIS phenomenal phenomenon.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Are A Happening (2016-09-09 06:39)



You are a happening.

Not making yourself happen.

Everything is a happening.

Not making itself happen.

All these happenings.

Are just one big happening.

One all inclusive infinite happening.

THIS.

Now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



All there ever is.

Is what's being presented.

What's being expressed.

What's happening.

Right now.

There is never anything else.

You never get anything else.

You are not separate from this presentation.

You are not separate from this expression.

You are not separate from this happening.

You are being presented.

You are being expressed.

You are happening.

Right now.

There is only.

This presentation.

This expression.

This happening.

Absolutely obvious.

Even when you don't give it a name.

Just THIS.

All THIS.

Everything.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

How? (2016-09-10 13:28)



Anything you imagine that you are doing.

Anything you imagine that you are making happen.

Just ask yourself.

How?

If you can.

Explain as exactly as possible how you are doing it.

How you are making it happen.

And see what you might discover.

Do you really know how anything is happening?

Or is everything simply happening?

-

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This "everything".

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All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Reality (2016-09-10 14:13)



There is only THIS.

This reality.

This existence.

This isness.

This happening of this moment.

Including everything.

Including you.

You are a happening within this happening.

This infinite seamless happening.

This reality.

THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Nobody Turns The Earth (2016-09-10 14:20)



Nobody turns the Earth.

Nobody shines the Sun.

Nobody grows the grass.

And nobody is doing you.

You are a happening.

A living expression of Pure Intelligence.

A vital expression of Life Energy.

Just like everything else.

In this one infinite happening.

-

All there is, is "This".

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This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



The brain.

Controls the organism.

Creates thoughts, feelings, impulses and urges.

And you are not managing your brain.

You are not making it function.

You don't even know how it functions.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Every thing.

Is an expression.

Of The Absolute.

Everything.

Is an expression.

Of The Absolute.

THIS.

Infinite expression.

Of The Absolute.

Not two.

Not one.

Just The Absolute.

Just THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Separate (2016-09-11 07:33)



Are you making yourself exist?

So how can you be separate.

From that which makes you exist?

That which makes everything exist.

That which is everything.

That which is THIS.

How can you be separate from THIS?

—

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

All That Is Seen (2016-09-11 12:48)



All that is seen.

Is Life happening.

These eyes.

Seeing.

Are Life happening.

There is no separation.

Only Life happening.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You've always been good enough.

You're good enough right now.

And you always will be.

You are a completely valid expression.

Of Life Energy.

Through and through.

No matter what.

.....

Every aspect of what you are.

All the things you want.

And all the things you don't.

All the things you love.

And all the things you hate.

All the things you show.

And all the things you hide.

Your shining accomplishments.

And your darkest secrets.

.....

It's all an expression of Life Energy.

An expression of Pure Intelligence.

All of it.

Everything.

It's all always good enough.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Just A Wave In The Ocean (2016-09-12 12:12)



THIS is happening.

Right now.

What you are experiencing.

What is undeniable.

What you call THIS.

What is.

THIS happening.

Right now.

THIS happening is infinite.

THIS infinite seamless happening.

The happening you call you.

Is included in THIS happening.

Everything is included in THIS.

The happening you call you.

Is inseparable from THIS infinite happening.

Everything is.

You are just a wave in the ocean.

Just an eddy in the river.

An apparent happening.

Within THIS infinite seamless happening.

Everything is.

All there is, is the ocean.

All there is, is the river.

Just THIS infinite seamless happening.

Not two.

Not one.

Just THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



What is it.

That makes a caterpillar.

Transform.

Into a butterfly?

What is it.

That makes you.

Happen.

The way you happen?

.....

Everything is an expression.

Of Life Energy.

Pure Intelligence.

Absolute Creativity.

.....

[youtube <https://www.youtube.com/watch?v=7AUeM8Mbalk> &w=560 &h=315]

.....

All names.

All pointers.

Point to THIS.

All THIS.

Always only THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Every unwholesome thought.

Each forbidden urge.

Every dark desire.

Is an expression.

Of Universal Energy.

THIS Light.

Light in the shadows.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

There Is No Duality (2016-09-13 06:00)



There is no duality.

There is only nonduality.

And not even that.

There is only THIS.

Happening right now.

THIS infinite seamless happening.

That includes everything.

Nothing needs to go.

Nothing needs to fall away.

Nothing needs to change.

Nothing needs to be better.

Nothing needs to be clearer.

Nothing needs to be realised.

Nothing needs to be recognised.

Nothing needs to be understood.

Nothing needs to be attained.

Nothing at all needs to be different.

Because everything is already THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Reality Of This Moment (2016-09-14 05:35)



There is nothing more real.

Than this moment.

What is.

What is happening.

Right now.

This infinite expression.

Of Pure Intelligence.

Just THIS.

THIS moment.

THIS infinite everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is only THIS expression.

THIS infinite expression of Universal Energy.

And no thing is separate.

There is not every thing.

There is only everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Breath Of God (2016-09-15 05:50)



Gentle Breeze.

Through the open Window.

Touches Me.

The Breath of God.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

All I Know For Sure (2016-09-15 06:06)



All I know.

For sure.

Is that THIS is.

.....

Just what is.

Just what's happening.

Right now.

.....

And THIS.

Is the Divine Expression.

.....

How else could THIS be?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Dream Of Becoming (2016-09-15 06:17)



You dream of becoming.

A perfect person.

When all the time.

You are a perfect person.

Already.

Life is not contrived.

Life is natural.

You're happy when you're happy.

You're sad when you're sad.

You're angry when you're angry.

You're afraid when you're afraid.

You are an expression of Life.

Nothing other than Life.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Are Not (2016-09-15 06:27)



You are not.

You only appear to be.

There is only THIS.

Appearing as you.

Appearing as everything.

There is only THIS.

The Divine.

The Source of Existence.

Existence itself.

Life itself.

THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Silence (2016-09-16 06:51)



When there is silence.

THIS speaks for itself.

THIS infinite seamless happening.

Happening all by itself.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

How The Hell? (2016-09-16 08:28)



How the hell do you exist?

How the hell does any of THIS exist?

It's so unbelievably amazing.

But it's so taken for granted.

You're obsessed with your experience.

Always looking for a better one.

That's just how it happens.

But how the hell.

Is it even possible.

For you to be having any experience at all?

How the hell do you exist?

Do you have any idea at all?

And if you're not making yourself exist.

And nothing else is making itself exist.

What does that mean?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



It's a realisation.

Of the divinity.

Of the human expression.

That you are.

And at the exact same moment.

A realisation.

Of the divinity.

Of everything.

Absolutely everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

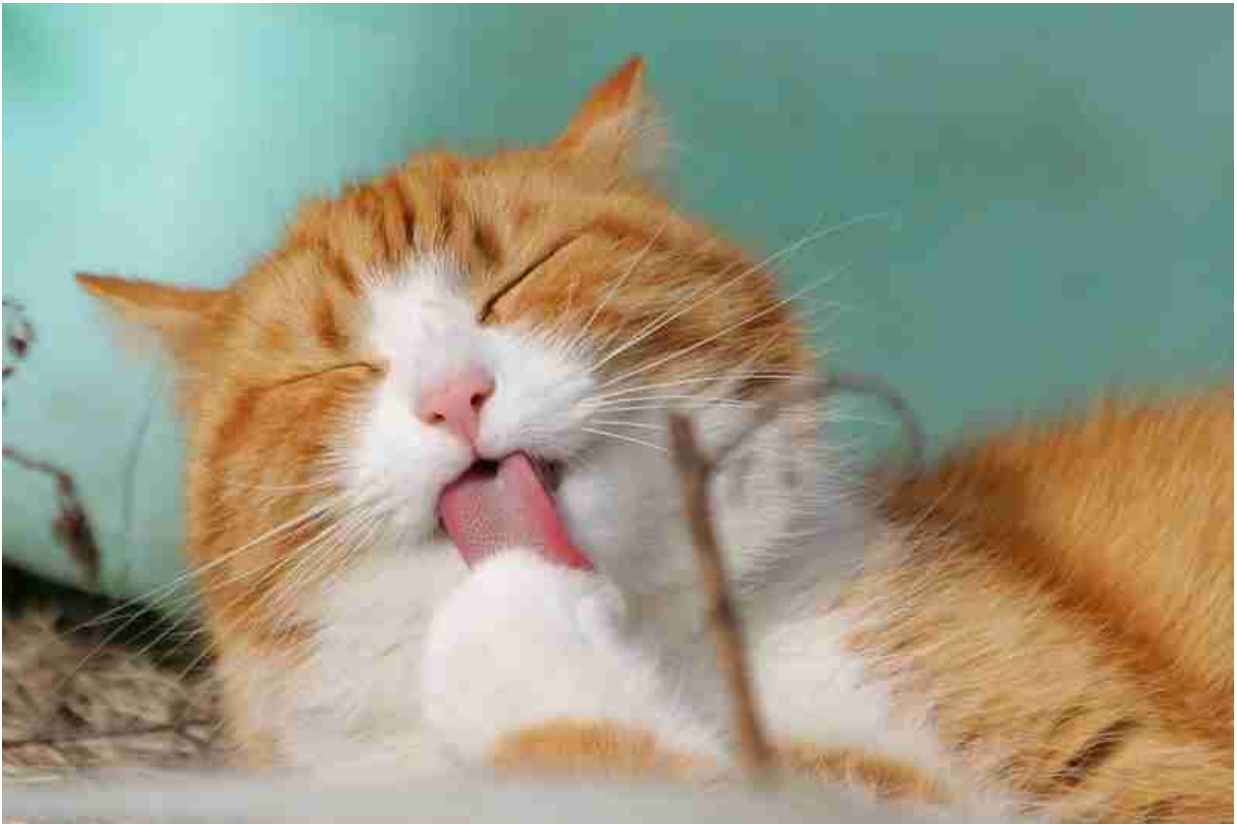
Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Our cat.

Just came.

And sat down next to me.

And I wondered.

What path he's on.

If he's reached perfect catness yet.

Then I realised.

He already has.

.....

Every path.

Is the right path.

The true path.

Every path.

Leads.

From here.

To here.

From Truth.

Through Truth.

To Truth.

Each of us walks a unique path.

The only path we can walk.

And we are all already home.

.....

All these apparent paths.

All these apparent lives.

Are just Life itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



We are all.

In THIS.

Together.

THIS one infinite happening.

THIS one expression of Energy.

THIS one dance of Life.

And really.

There is only an apparent us.

There is only THIS.

Appearing as everything.

Right now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



It is simply seeing.

That you are a happening.

That everything is a happening.

That there is just THIS happening.

THIS infinite seamless happening.

Happening all by itself.

THIS expression of Pure Intelligence Energy.

Right now.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

All, Always, Already (2016-09-18 08:53)



No matter what's happening.

It's all, always, already THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Is All Just Pie (2016-09-18 09:02)



Pie for you.

Pie for me.

Pie for everyone.

Pie for tea.

.....

THIS is all just PIE.

Pure Intelligence Energy.

Yum.

-

1432

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Holy Light (2016-09-19 05:22)



Holy Light.

Shines on you.

Shines in you.

Shines through you.

Shines as you.

As everything.

—

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Completely intimate.

Absolutely infinite.

THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

A Beautiful Pattern (2016-09-19 12:55)



You are.

A beautiful unique pattern.

In the grand design.

Of THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Finding This (2016-09-20 06:19)



THIS.

Doesn't need to be found.

THIS.

Was never lost.

THIS.

Is everywhere.

In and as.

Everything.

THIS infinite everything.

Every pure ray of light.

Every dark and dirty corner.

Everywhere you look.

You find THIS.

THIS is being and doing.

Everything.

Including you.

-

All there is, is "This".

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This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Aliveness (2016-09-21 13:36)



Feel this aliveness.

This alive energy.

Right now.

There's nobody doing that.

Nobody making it happen.

It's simply happening.

It's all simply happening.

THIS infinite happening.

THIS infinite aliveness.

THIS infinite Energy.

Expressing.

Happening.

Now.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



A recognition.

Of the greatness.

Of what you are.

Brings absolute humility.

Because it is also.

A recognition.

Of the greatness.

Of everything.

.....

You are an expression.

Of Infinite Universal Energy.

The Source of Existence.

Everything is.

.....

You are not more than.

The tiny flower by the side of the road.

The busy spider creating its web.

You are not less than.

The Sun, the Moon, the stars.

The entire universe.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

What? How? (2016-09-22 05:54)



What are you making happen?

What is happening by itself?

Whatever you believe you are making happen.

How are you doing it?

What? How?

.....

You are a happening.

Everything is a happening.

This is just one infinite happening.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Here, There And Everywhere (2016-09-22 06:25)



THIS is here.

THIS is there.

THIS is everywhere.

THIS happening.

THIS expression.

THIS isness.

THIS suchness.

THIS as it is.

Just THIS.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

No Matter What Happens (2016-09-22 09:52)



No matter what happens.

It's all just a happening.

Within this one infinite happening.

There is only THIS infinite happening.

THIS infinite expression of Energy.

Happening all by itself.

Right now.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You've always been a happening.

A living happening.

Right from the beginning.

All along.

How did the sperm and egg combine?

How did your body form and grow in the womb?

All those tiny fingers and toes.

All those complex tissues and organs.

How did you choose your sex?

How did you choose the colour of your eyes?

How did you pick a time to be born?

How did you turn your body ready for birth?

How did you take your first breath?

.....

How were you happening when you were in the womb?

How are you happening now?

You don't know.

You've always been a happening.

Happening by itself.

A living happening.

Right from the beginning.

All along.

.....

You are an expression.

Of the infinite Energy of the Universe.

Everything that is, is an expression.

Of that same Energy.

This Energy.

THIS.

.....

The source of your existence.

The source of your life.

Is the source of all of existence.

The source of all of life.

Life itself.

–

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You Ain't Got Nuthin' (2016-09-23 07:09)



You ain't got nuthin'.

Nothing.

Nothing other than.

Whatever is being expressed.

Right now.

Whatever is happening.

Right now.

All by itself.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Darkness And Light (2016-09-23 09:28)



THIS is the darkness.

Just as much as.

THIS is the light.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



Looking into.

The extreme complexity.

Of everything.

You are left in awe.

You, yourself are unfathomable.

An expression of the Highest Intelligence.

Everything is.

How could you be making any of it happen?

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

You (2016-09-23 10:38)

(INSERT YOUR FAVORITE PIC OF YOURSELF HERE)

THIS Pure Intelligence Energy.

Can be and do anything.

And it's being and doing.

YOU.

.....

Unconditional love, acceptance and validation.

Right now.

Just because you are.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Your Ordinary Life (2016-09-24 18:03)



Your ordinary life.

Just THIS.

Right now.

Right where you are.

Whatever's happening.

Is so much more.

Than might be being recognised.

.....

Your ordinary life.

1464

Is inseparable from.

The infinite happening of this moment.

THIS infinite happening.

THIS all inclusive infinite expression.

Of Pure Intelligence Energy.

Of Life itself.

.....

There is no you and your ordinary life.

There is no me and my ordinary life.

Not really.

It only appears that way.

There is only Life.

Only Pure Intelligence Energy.

Expressing itself as an apparent you.

Expressing itself as an apparent me.

Expressing itself as this apparent everything.

Expressing itself as THIS.

There is only THIS.

Infinite.

Absolute.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are.

The infinite energy of the universe.

In human form.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

This Infinite Wonder (2016-09-26 06:17)



THIS infinite wonder.

THIS.

The infinite happening of this moment.

All encompassing.

All inclusive.

THIS infinite effortless expression.

Of absolute complexity.

Absolute intelligence.

Absolute power.

Simply, intimately THIS.

Wondrously, infinitely THIS.

THIS infinite wonder.

THIS.

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

In The Arms Of God (2016-09-26 06:32)



The infinite happening of this moment.

Includes.

The happening you call you.

The infinite happening of this moment.

Includes.

Everything.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Wildflower (2016-09-26 10:17)



You.

Are like a wildflower.

A beautiful.

Unique.

Complex.

Expression of Nature.

Everything.

Is an expression of Nature.

There is only Nature.

Only THIS.

The infinite happening of this moment.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Cars In The Distance (2016-09-27 10:53)



Alarm clock goes off.

I turn in bed.

Open window.

Cars in the distance.

Clouds across the moon.

Just THIS.

Only THIS.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

Sniff Out The Truth (2016-09-27 12:19)



When a certain smell.

Reaches your nose.

How do you smell it?

How do you decide if it's pleasant or unpleasant?

How do you recognise what it is?

Are you making any of that happen?

Or is it all happening by itself?

-

All there is, is “This”.

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



There is an Intelligence.

At work.

In and as you.

That you will never understand.

THIS Intelligence.

Is being and doing everything.

Everything is taken care of.

There is no need to understand.

-

All there is, is "This".

This “ultimate creative universal energy”.

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

The Relative Is The Absolute (2016-09-28 06:21)



The Relative.

Is.

The Absolute.

There is only The Absolute.

Everywhere.

In and as.

Everything.

Just THIS.

Just what is.

As it is.

THIS infinite seamless happening.

The infinite happening of this moment.

THIS all inclusive infinite expression.

THIS.

Right now.

.....

You, me and everything else.

Are expressions of The Absolute.

The Formless in form.

Appearances in THIS.

Not separate from THIS.

There is only THIS.

There is only The Absolute.

The infinite happening of this moment.

Each and every apparent thing is included.

Each and every apparent form.

Each and every appearance.

Is nothing other than The Absolute.

THIS alone is.

.....

It's not about becoming something.

It's not about becoming perfect.

It's not about becoming anything other than.

What you are right now.

It's recognising your inherent perfection.

Your inherent divinity.

The divinity of everything.

Right now.

No matter what.

.....

The Source of Existence.

Is Existence itself.

They are not two.

The Absolute is all of THIS.

.....

Just THIS.

This Happening Now (2016-09-28 09:09)



There is nothing.

Outside of.

There is nothing.

Separate from.

THIS.

Happening.

Now.

-

All there is, is "This".

This "ultimate creative universal energy".

This “infinite”.

This “everything”.

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



The knowing.

And the known.

Are not two.

They are not separate.

There is only what is.

THIS infinite seamless happening.

The infinite happening of this moment.

Happening all by itself.

Are you making the knowing happen?

Are you making the known happen?

Or is it all happening by itself?

Just THIS infinite happening.

.....

The Source.

The Absolute.

Expresses itself.

As all of THIS.

Including you.

Including everything.

The Source and its Expression.

Are not two.

Just THIS.

As it is.

Now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.



You are an expression.

Of The Source.

Everything is an expression.

Of The Source.

The Source and its Expression.

Are not two.

There is only THIS.

THIS infinite happening.

THIS infinite expression.

Just THIS.

Now.

-

All there is, is "This".

This "ultimate creative universal energy".

This "infinite".

This "everything".

Happening right here, right now, always and everywhere.

All by itself.

Without anybody doing any of it.

And this is what you are.

What everything is.

THIS (2016-09-30 06:00)



All there is, is THIS.

Just THIS.

Right now.

As it is.

THIS infinite seamless happening.

THIS infinite seamless expression.

One happening.

One expression.

Including everything.

Seemingly separate expressions.

Seemingly separate happenings.

But nothing separate.

Nothing existing independently.

Nothing existing outside of.

Nothing existing separate from.

The infinite happening of this moment.

THIS infinite happening.

THIS infinite expression.

Just THIS.

Right now.

As it is.

.....

You are a happening.

You are an expression.

Not making yourself exist.

Not making yourself happen.

You are a happening, just like the Sun is a happening.

You are an expression, just like the stars are an expression.

You are a happening, just like the Earth is a happening.

Take a look at all of Nature.

All of THIS.

Extreme complexity.

Happening all by itself.

An expression of Pure Intelligence.

You too are an expression of that same Pure Intelligence.

Seemingly separate.

But never separate.

From THIS.

Just THIS.

All THIS.

Right now.

As it is.

Independent Existence (2016-09-30 11:39)



To exist independently.

Separately.

You would have to be.

Making yourself exist.

Are you making yourself exist?

Is anything making itself exist?

.....

You are an expression.

Everything is an expression.

Nothing exists separately from THIS.

THIS infinite seamless happening.

The infinite happening of this moment.

Watch THIS Happen (2016-09-30 12:25)



Sit down.

Quietly.

Comfortably.

And watch THIS happen.

All of THIS.

Everything.

Infinite.

Seamless.

.....

1496

Including you.

Of course.

The Only You Around Here (2016-09-30 15:41)



The only you around here.

Is that human organism.

That human happening.

Reading these words.

And that human happening.

Is an expression of Life.

Nothing other than Life.

So there's only Life itself.

Infinite Life.

Happening.

1.9 October



Being expressed.

As this human happening.

Is sugar and shit.

Sweet and sour.

Pleasure and pain.

An artist doesn't paint.

With just one colour.



You don't have to become anything.

To be.

An authentic expression.

Of Source.

.....

That is what you are.

Right now.

Already.

Everything is.

.....

Nothing making itself exist.

Nothing making itself happen.

Everything happening.

Just THIS.

All THIS.

Do You Exist? (2016-10-01 16:43)



Do you exist?

Are you making yourself exist?

So how can you be separate.

From Existence?

How can you be separate.

From THIS.

Right now?

Just One Happening (2016-10-01 16:50)



Basically.

You are a happening.

Everything is a happening.

This is all just one happening.

Zombie Apocalypse (2016-10-02 08:52)

PXLHSTLR brings it home with a great video.

It's always just this, happening now.

All of this.

Even in the middle of a zombie apocalypse!

(CONTAINS VIOLENCE AND GORE)

[https://www.youtube.com/watch?v=9098pgYXA1c &list=PL2W3er42ikUkSvpdR-pR8CWoWziRje8Fz &index=1](https://www.youtube.com/watch?v=9098pgYXA1c&list=PL2W3er42ikUkSvpdR-pR8CWoWziRje8Fz&index=1)



What are you looking for?

My point is that while you're off searching and practicing to achieve some bliss state, you're missing that Life is all of this. This happening right now with nobody making any of it happen. You are an expression of Life. Everything is an expression of Life. Of Source. Or whatever other name you want to use. It doesn't matter. You are that when you're in a bliss state, you are that when you're not in a bliss state. You are that no matter what state you appear to be in. You are that when you're a so called enlightened master. You are that when you're a so called money hungry ego maniac on Wall Street. You are that. There is only that. There is only this. Life. Just this. Happening. Right now.

You know, how can you be talking about nonduality and be saying that it's all about just one particular state that needs to be achieved? Does one particular state need to be achieved before someone can say they are a completely valid expression of Life?

It's total and utter bullshit. I'm sorry, but it is.

This is it. This happening right now. All of this. Everything. No matter what's happening.

When has it ever not been just this, now?

When have you ever been apart from this, now?

When have you ever been making any of this happen?

Including yourself.

Here You Are (2016-10-03 08:41)



You are that limited human happening.

Reading these words.

And you are Source.

Because that limited human happening.

Is nothing other than Source.

Source expressing itself.

As that limited human happening.

That you are.

But you are not Source.

Because you are that limited human happening.

Source is you.

There is only Source.

Only THIS.

Happening.

Now.

You are not.

But here you are.



Liberation.

.....

This is not about liberation.

From your humanness.

This is about liberation.

As your humanness.

The problem is not.

Identifying.

As a human being.

A human happening.

The body-mind-consciousness complex.

That you are.

.....

The only "problem".

Is identifying as a SEPERATE self.

Separate from the Source of its existence.

And that's not even a problem.

Because you were never a separate self.

There is no separate self.

There is no separation.

It just appears that way.

.....

How are you making yourself exist?

How are you making yourself happen?

Just look at how complex you are!

How could you be making any of that happen?

Just look at the fact that you have no idea.

In your direct experience.

How any of it is happening.

How are you existing?

How are you alive?

How are you conscious and aware?

How are you breathing?

How is your heart beating?

How are you seeing?

How are you hearing?

How are you sensing anything?

How is your brain functioning?

How are thoughts, feelings, impulses and urges arising?

How are you moving your body?

HOW?

Might it be that it's all simply happening?

That you are a happening?

That you are an expression?

What could be making you happen?

What might have the power and the intelligence to be and do that?

.....

Now look at all the rest of Nature.

How does all that exist?

How is all that happening?

Just look how complex it all is!

Is any of that making itself happen?

Or is it all simply happening?

What could be making all that happen?

What might have the power and the intelligence to be and do that?

.....

You are a happening.

All the rest of Nature is a happening.

Is there any separation there?

Or is it just one big happening?

Including everything.

Including you.

Just this, happening now.

THIS, NOW.

And is there an edge to THIS, NOW?

Is there anything outside of THIS, NOW?

Could there ever be anything outside of THIS, NOW?

Or might THIS, NOW be infinite?

Might THIS, NOW be absolute?

Might THIS, NOW be The Absolute?!!

The Absolute, Source, God, Brahman, Consciousness, Life, Nature, whatever.

Expressing itself as THIS, NOW.

As EVERYTHING in this moment.

.....

You as you are.

Right now.

Are an expression.

Of The Absolute.

Of Source.

Everything is.

There is only The Absolute.

There is only Source.

Being and doing everything.

Source and its Expression are not two.

There was never any separation whatsoever.

This is liberation.

As the human happening that you are.

Right now.

.....

You are not The Absolute.

You are an expression of The Absolute.

The Absolute is You.

You.

Everything.

Now.

Ordinary, everyday Life.

Ups and downs.

Pleasure and pain.

Good times and bad times.

Smiles and crys.

Good and bad.

The Absolute.

What a miracle.

.....

Thank you.

This Train (2016-10-04 07:21)



This train carries saints and sinners.

This train carries losers and winners.

This train carries whores and gamblers.

This train carries lost souls.

I said, this train carries broken-hearted.

This train thieves and sweet souls departed.

This train carries fools and kings.

This train, all aboard.

- Bruce Springsteen, Land Of Hope And Dreams

.....

Just THIS.

Happening now.

THIS infinite seamless happening.

Including everyone.

Including everything.

This train.

All aboard.

.....

<https://www.youtube.com/watch?v=aBxJxYg3LuU>



It's Christmas morning.

And Santa Claus was never here.

And neither was a separate self.

.....

You are a happening.

Inseparable from this great big happening.

Everything is a happening.

Inseparable from this great big happening.

There is only this great big happening.

Happening right now.

Just THIS, now.

.....

It's Christmas morning.

And Santa Claus never existed.

And neither did a separate self.

.....

You are not separate from the infinite happening of this moment.

One Universe (2016-10-05 14:18)



If we are talking about nonduality.

Then we are talking about oneness.

We are talking about one happening.

And if the entire universe is one happening.

Then you are a happening too.

And whatever is making the universe happen.

Is making you happen.

That whatever.

Is expressing itself as everything.

Snowflakes (2016-10-06 05:46)



Snowflakes.

Falling.

Touch my cheek.

An icy kiss.

This is Life.

Life is me.

Life is everything.

Just Life.

What's Being Seen (2016-10-06 08:48)



What's being seen.

Isn't a separate expression.

From the human being.

You.

That is seeing.

It's just one expression of Life.

.....

What's being seen.

The human consciousness.

The human eyes.

The human brain.

The process of seeing.

Just one happening.

Happening by itself.

Just one expression of Life.

.....

Do you know how seeing is happening?

Or is it happening all by itself?

Perhaps like everything else?

Look and see.

See for yourself.

How Could You Be Separate? (2016-10-07 07:35)



How could you be separate from Life?

You are an expression of Life.

Everything is.

There is no separation.

There is just Life.

Happening.

THIS happening.

Now.

Everything.

Life is Source.

Life is God.

Life is Brahman.

Life is The Absolute.

THIS is The Absolute.

.....

I, as this human being, am Brahman.

You, as that human being, are Brahman.

Everything is Brahman.

An Everyday Existence (2016-10-08 14:15)



An everyday.

Relative.

Existence.

In and as.

The Absolute.

In and as.

The Relative.

Emptying the bin.

Cleaning the toilet.

Mopping the floor.

Boiling eggs.

Are ripples in The Ocean.

Of The Absolute.

THIS happening now.

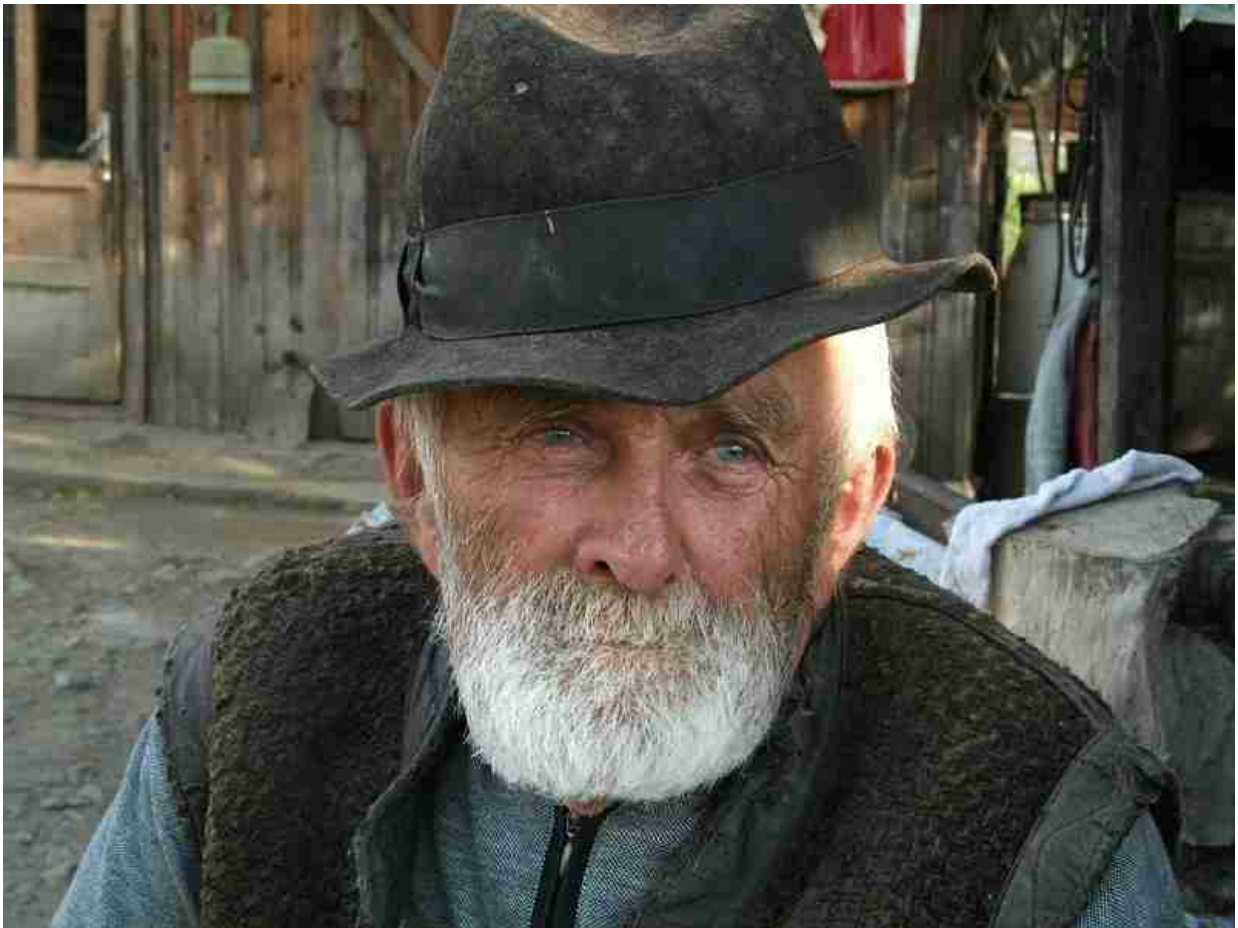
Is The Great Ocean.

You are a wave on The Ocean.

Everything is.

There is only The Ocean.

Of The Absolute.



Each and every one of us.

Is expressing Truth.

Each and every one of us.

Is an expression of Truth.

We express Truth.

Simply by living the life.

We find ourselves living.

Right now.

By simply being.

The expression of Life that we are.

Right now.

Pure And Simple (2016-10-09 12:58)



Pure and simple.

Just Life.

Happening now.

All by itself.

Including everything.



THIS is.

Everything.

Happening.

Everywhere.

Right now.

THIS happening.

THIS expression.

THIS functioning.

THIS dance of Life.

.....

You are a happening.

Within THIS happening.

Inseparable from THIS happening.

.....

The entire universe happening now.

The galaxy happening now.

The solar system happening now.

The Sun happening now.

The Earth orbiting the Sun happening now.

The Earth spinning happening now.

Sky happening now.

Clouds happening now.

Birds flying happening now.

Trees growing happening now.

Plants and flowers happening now.

Grass growing happening now.

Animals and insects happening now.

City happening now.

Building happening now.

Room happening now.

Computer happening now.

You reading these words happening now.

Seeing happening now.

Brain functioning happening now.

Thoughts happening now.

Feelings happening now.

Breathing happening now.

Heart beating happening now.

Digestion happening now.

Immune system happening now.

Wounds healing happening now.

Hair growing happening now.

Nails growing happening now.

Cells reproducing happening now.

Entire complex body system happening now.

Entire universe happening now.

.....

THIS happening.

THIS expression.

THIS functioning.

THIS dance of Life.

THIS, NOW.

.....

Everything.

Is what you might like to call.

An expression.

Of Pure Intelligence Energy.

And the expression.

Is not separate.

From that Pure Intelligence Energy.

Pure Intelligence Energy.

Expresses itself.

In and as.

Everything.

Including you.



There are many many.

Countless.

Wonders of Nature.

A rainbow.

Appearing.

In the spray.

Of a mighty waterfall.

The Sun.

Setting.

Behind huge snow capped mountains.

A calm lake.

Stretching for miles.

Reflecting the endless sky.

And you.

You are an expression of Nature.

A wonder of Nature.

Everything is.



The power.

The intelligence.

Of Life itself.

Can be seen.

In the details.

The often tiny hidden details.

Of everything.

Each and every atom.

In the entire universe.

Exactly where it needs to be.

Everything being.

All it can be.

Everything doing.

All it can do.

All you can be.

Is whatever you are.

Right now.

All you can do.

Is whatever you find yourself doing.

Right now.

This is all taken care of.

The power.

The intelligence.

Of Life itself.

Scratch The Itch (2016-10-12 05:13)



How do you exist?

Is that something you're doing?

Or is it simply happening?

How are you alive?

Is that something you're doing?

Or is it simply happening?

How are you conscious and aware?

Is that something you're doing?

Or is it simply happening?

How do you sense an itch somewhere on the body?

Is that something you're doing?

Or is it simply happening?

How does the impulse arise to scratch?

Is that something you're doing?

Or is it simply happening?

Perhaps a controlling impulse or thought arises.

Not to scratch.

How does the impulse or thought arise?

Is that something you're doing?

Or is it simply happening?

Perhaps the impulse to scratch is followed.

How is the decision made to follow the impulse?

Is that something you're doing?

Or is it simply happening?

How do the shoulder, arm and hand move to scratch?

Is that something you're doing?

Or is it simply happening?

What about the assumption and sense that "I just scratched an itch"?

How does that sense of agency happen?

Is that something you're doing?

Or is it simply happening?

.....

Are you doing anything at all?

Or is it all simply happening?

All of THIS.

Everything.

Remembering Grandad (2016-10-12 12:03)



Dove calls.

Mist around the trees.

Cool, damp air.

Heavy.

With the scent of pine needles.

Soft underfoot.

Grandad's hand.

White horse.

.....

This, now.

Life happening.

Always.



Every animal.

Every creature.

Is divine.

An expression.

Of Life.

A patterning.

Of Life Energy.

Every lifeform.

Is Life.

In form.

Everything.

Is an expression.

Of Life.

A happening.

Within this greater happening.

You too.

Are a divine creature.

An expression.

Of Life.

A patterning.

Of Life Energy.

Life in form.

A happening.

Within this greater happening.

Life happening now.

Being and doing everything.

Just THIS.

Connection (2016-10-13 11:30)



This is not about reconnecting.

The connection was never broken.

You have never been apart from Life.

There never was a self existing separately.

You are inseparable from Life.

You are an expression of Life.

Nothing other than Life.

Expressing itself.

As you.

.....

A happening.

A human happening.

Within the greater happening.

Of this moment.

Inseparable from the infinite happening of this moment.

Inseparable from Life.

Happening.

Now.

This is not about reconnecting.

The connection was never broken.



Every action.

Every reaction.

Is completely natural.

Nothing happens outside of Life.

Nothing happens outside of THIS.

Everything is an expression of Life.

A happening.

A manifestation.

A functioning.

Of Pure Intelligence.

A completely natural expression.

Of Life Energy.

Every thought.

Every feeling.

Every impulse and urge.

Is nothing other than Life happening.

There is only Life happening.

Just THIS, now.

Winners And Losers (2016-10-15 12:59)



There are no winners.

And no losers.

There is only Life.

Expressing itself.

As everything.

All you can ever be.

Is the expression that you are.

The happening that you are.

Right now.

You are never less than.

You are never more than.

A perfectly imperfect expression.

Of Pure Intelligence.

Everything Happening Now (2016-10-15 12:59)



The Absolute.

Everything happening now.

The Gorilla And Me (2016-10-16 11:12)



We went to the zoo today.

And I got the chance to sit.

With a gorilla.

For ten minutes.

A massive silverback.

With just a few inches of safety glass.

Between us.

He looked at me.

I looked at him.

And we just chilled together.

For a while.

What an amazing display.

Of Life happening.

The gorilla.

And me.

All Just Life (2016-10-16 11:25)



This is all.

Just Life.

Just The Absolute.

Doing what It does.

What Will Be? (2016-10-17 06:14)



What will your next thought be?

What about your next feeling?

What about your next impulse or urge?

Where will Life move you next?

What will Life have you do?

How will Life express you?

Do you have any idea at all?

Are you making any of it happen?

How?

Do you have any choice in what will be expressed?

Is there anything you can really call yours?

Or is everything an expression of Life?

A happening.

Happening now.

THIS.

All THIS.

Happening now.

It's Just Life Happening (2016-10-17 06:40)



Clear or confused.

It's just Life happening.

Equanimity or suffering.

It's just Life happening.

Identified or not identified.

It's just Life happening.

Accepting or resisting.

It's just Life happening.

Freedom or bondage.

It's just Life happening.

Enlightened or unenlightened.

It's just Life happening.

.....

Whatever the expression of this moment is.

It's just Life happening.

Whatever you appear to be.

You are an expression of Life.

It's all just Life happening.

Just THIS, now.

Dogs Are Dogs (2016-10-17 06:46)



Dogs are dogs.

Cats are cats.

Trees are trees.

Cars are cars.

You are you.

And it's all just Life.

Happening.

Now.

You Are Here (2016-10-18 06:00)



Before you experience.

Anything at all.

Before you do.

Anything at all.

You are here.

You exist.

Your existence is a requirement.

Before anything else can happen.

And do you make yourself exist?

Do you make yourself happen?

.....

All THIS is here.

All THIS exists.

Is anything making itself exist?

Is anything making itself happen?

Or is everything simply here.

Happening.

Now.

Including you.

Including everything.

.....

Could THIS happening now be IT?

Could it be that simple?

The Point Of This (2016-10-18 06:14)



Maybe you thought the point of this.

Was to escape being human.

When all the time.

The point of this.

Was to be completely human.

The Absolute.

Having a human experience.

The human experience.

That you are.

Right now.

.....

You are a human expression.

Of The Absolute.

Nothing other than The Absolute.

Just be what you are.

Just do what you do.

Right now.

If there is a point to this.

THIS, now is IT.

Exactly as it is.

What Is Right Now? (2016-10-18 14:03)



What is right now?

RIGHT NOW.

THIS IS IT.

THIS.

EVERYTHING.

NOW.

RIGHT NOW.

THIS.

Is the expression of The Divine.

The Absolute.

Brahman.

Source.

God.

No need to go ANYWHERE.

No need to become ANYTHING.

THIS IS IT.

Exactly as it is.

THIS.

NOW.



It's funny.

That we write so much.

And say so much.

And discuss so much.

And argue so much.

About THIS.

When all THIS is.

Is just this moment.

Right now.

Always.

The expression of this moment.

The happening of this moment.

This expression includes everything.

Happening right now.

Appearing right now.

This happening is all encompassing.

This happening is infinite.

Nothing exists outside of THIS.

Nothing exists separately from THIS.

Everything is included.

Exactly as it is.

Right now.

Everything being expressed.

Everything happening.

Everything appearing.

Nothing making itself exist.

Nothing making itself happen.

Nothing making itself appear.

The Source of the expression.

And the expression.

Are not two.

The Source of the happening.

And the happening.

Are not two.

The Source of the appearance.

And the appearance.

Are not two.

Just THIS.

All THIS.

Happening now.

Just this moment.

Everything.

As it is.

Sun Through The Trees (2016-10-20 05:00)



Sun through the trees.

The effortless.

Happening of this moment.

Presenting itself.

Always.



Ordering at the counter.

A happening.

Finding a seat.

A happening.

A bite of burger.

A happening.

A gulp of Coke.

A happening.

The taste of onion and ketchup.

A happening.

The sensation of cold liquid.

A happening.

.....

Everything is a happening.

Within THIS infinite happening.

Not separate from.

THIS infinite happening.

There is only THIS happening now.

Intimate and infinite.

Burgers in Infinity.

Enigma (2016-10-21 05:21)



You are an enigma.

A mysterious happening.

An inexplicable occurrence.

A complex functioning.

.....

How are you existing?

How are you happening?

The way you are happening.

Right now.

.....

All of THIS happening now.

Is an enigma.

A mysterious happening.

An inexplicable occurrence.

A complex functioning.

.....

You and THIS happening now.

Are not separate.

Nothing exists outside of.

THIS happening now.

There is only.

THIS happening now.

Everything.

Now.



You are nothing other than.

Life itself.

Expressing itself.

As that form.

That you are.

Not The Wizard Of Oz (2016-10-22 06:31)



This is not.

The Wizard Of Oz.

If you take a look.

Behind the curtain.

You won't find.

A little somebody.

Pressing buttons.

Pulling levers.

Turning dials.

If you take a look.

Behind the curtain.

You'll find the entirety of Existence.

That's all there is.

The entirety of Existence.

Happening now.

Doing Life (2016-10-23 07:30)



You are not doing Life.

Life is doing you.

And everything else too.

There is only Life.

Happening now.

Not one.

Not two.

Just THIS.

Everything At Once (2016-10-24 07:09)



Everything at once.

Here and there.

Good and bad.

Free and bound.

Great and small.

Intimate and infinite.

Immanent and transcendent.

Manifest and unmanifest.

Relative and Absolute.

One and many.

Everything happening now.

Everything at once.

THIS.

Dead Or Alive (2016-10-24 07:12)



Did you know.

You were going to be.

Alive.

This morning?

Did you plan it?

Did you make it happen?

What about in the next five minutes?

Dead or alive?

Sharing This Moment (2016-10-24 10:02)



We all share this moment.

Everyone.

Everything.

Happening now.

Come To Rest (2016-10-25 08:31)



Come to rest.

In the happening of this moment.

Come to rest.

As the happening that you are.

And watch it all happen.

Now.

This, now.

Beard (2016-10-25 15:14)



I just realised.

I haven't shaved.

For a few days.

As I looked out the window.

And rubbed my beard.

Then I thought about how all of Life.

Is like a beard growing.

Just happening by itself.

I Am Brahman (2016-10-26 06:36)



I am Brahman.

Because there is only Brahman.

But I am not Brahman.

Because I am this human happening.

But I am Brahman.

Because there is only Brahman.

Brahman is this human happening that I am.

I am not Brahman.

Brahman is me.

Brahman is everything.

Everything happening now.

Just This, now.

Almighty Brahman.

The Absolute.

.....

Now I have to clean the toilet.

Ultimate Reality (2016-10-26 08:21)



Could Ultimate Reality.

Simply be.

This, now?

Could it be that simple?

Snacks And TV (2016-10-27 12:28)



Let's say you're sat.

One night.

Watching TV.

Eating snacks.

And you look out the window.

And see stars in the night sky.

Is your ordinary life.

Happening now.

Snacks and TV.

Happening now.

Separate from those stars.

Happening now?

Are you making yourself happen?

Or are you happening.

Just like the stars are happening?

Might This be just one big happening.

Happening now.

Happening by itself?

And what about the blackness?

What about the vast cosmos.

Beyond those stars?

Is your ordinary life.

Happening now.

Separate from that vast cosmos?

Or is it all just happening now?

This happening now.

Just This, now.

Everything.

Into The Blue (2016-10-27 12:57)



Look up.

Into the clear blue sky.

Look up.

Into Infinity.

Do you exist separately.

From Infinity?

Are you making yourself exist?

Or is it all just This.

Happening now?

Just This, now.

I Take A Breath (2016-10-27 15:15)



I take a breath.

Earth turning.

This, now.

Never Not Just Life (2016-10-28 05:37)



This is never.

Not just Life.

Happening now.

This.

All This.

No Requirements (2016-10-28 05:53)



There are no requirements.

To be Life.

You are Life right now.

Already.

Everything is.

Life Is (2016-10-30 07:09)



Life is.

The little boy riding through a puddle on his bike.

Life is.

The old lady at the bus stop counting coins.

Life is.

The cat in the garden taunting a mouse.

Life is.

Police sirens, smoke and ice cold rain.

Life is.

Church bells ringing on a Sunday morning.

Life is.

The vicar questioning his faith in God.

Life is.

You reading these words.

Life is.

Being and doing everything.

Life is.

Everything happening now.

Life is.

No Correct Perspective (2016-10-30 07:17)



There is no correct perspective.

There is only Life happening.

Life expresses all perspectives.

There is no correct way of being.

There is only Life happening.

Life expresses all ways of being.

There is no right and no wrong.

There is only Life happening.

Just This.

All This.

Happening now.

To Be Loved (2016-10-31 07:10)



To exist.

Is to be loved.

Unconditionally.

1.10 November

Om (2016-11-01 06:33)



Om.

Infinite.

All encompassing.

All inclusive.

Life happening now.

Om.



THIS expresses itself as.

Bogeys (boogers).

And.

Black holes.

Drinking Tea (2016-11-02 07:11)



Drinking tea.

Among the stars.

Simply What Is (2016-11-03 07:15)



Simply what is.

Simply what's happening.

With nobody doing it.

With nobody making it happen.

Simply what is.

Is everything.



What is this really about?

Is this about a human.

Having an Absolute experience?

Or is this about.

The Absolute.

Having a human experience?

Is this about transcending your humanness?

Or fully embracing your humanness?

Or maybe both.

Or maybe neither.

Maybe there's no correct answer.

Maybe there's just what is.

Just what's happening.

Just This.

The Entirety Of Existence (2016-11-04 07:04)



The entirety of existence.

Is one happening.

Happening now.

Happening by itself.

You are not separate.

From this happening.

Nothing is.

Presenting Itself (2016-11-04 07:10)



There is but one Reality.

Presenting itself.

All Just Happening? (2016-11-05 12:18)



Are you making any.

Of what's happening.

Happen?

Or is it all just happening?

Just one seamless happening.

Happening.

Now.

Whatever's Appearing (2016-11-06 08:57)



Just This.

Whatever's appearing.

Right now.

No matter what.

Simply Happening (2016-11-07 06:26)



The all encompassing.

Happening of this moment.

Simply happening.

Ordinary (2016-11-07 06:32)



Ordinary mind.

Ordinary body.

Ordinary life.

The infinite Intelligence.

Of The Universe.



Everything.

In this very moment.

Is being presented.

Exactly as it is.

Everything.

Life (2016-11-09 11:39)



Life.

Happening.

Now.

What you are.

What everything is.

All there is.

Reality (2016-11-10 06:21)



This is Reality.

With Every Breath (2016-11-10 06:27)

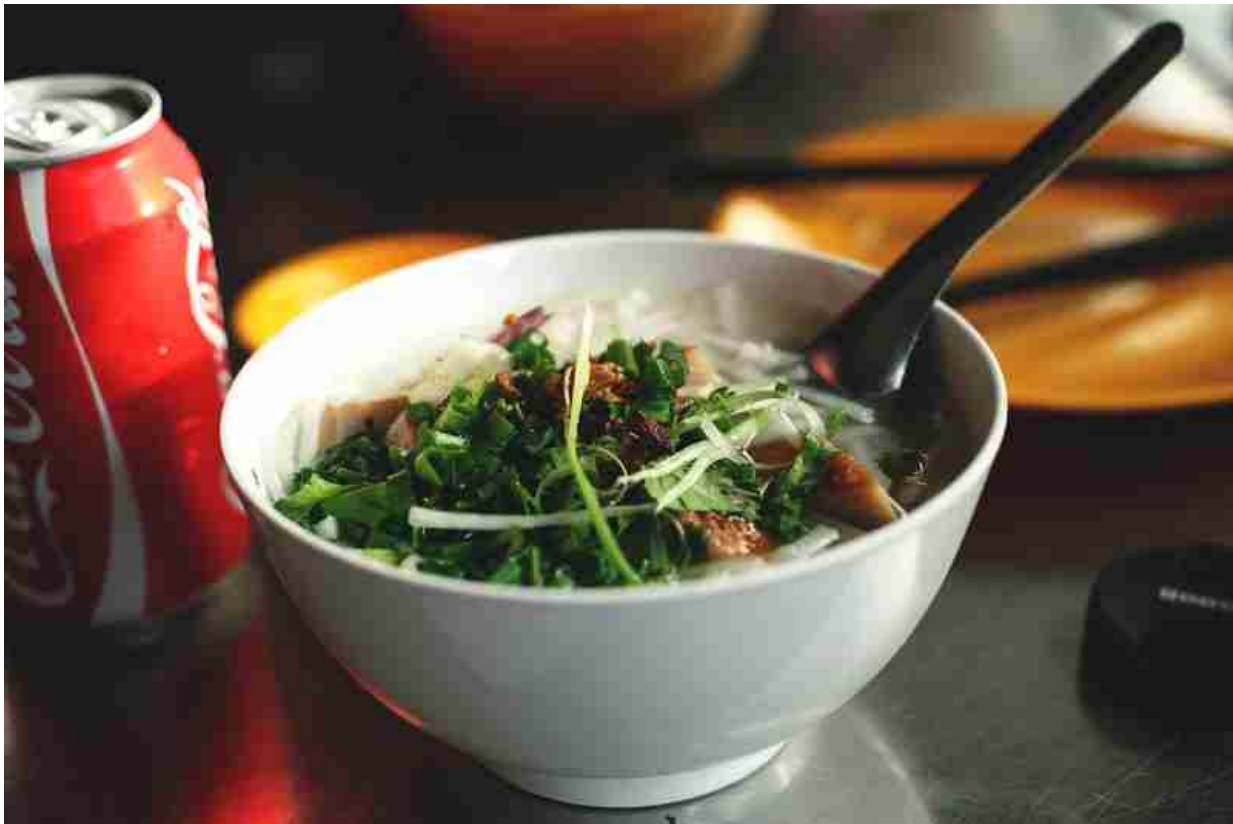


With every breath.

The Universe.

Expands.

In A Bowl Of Soup (2016-11-10 09:11)



The highest Power.

The greatest Intelligence.

In a bowl of soup.

Being (2016-11-11 06:07)



What are you doing to be?

Sunrise (2016-11-14 07:45)



The Sun.

Breaks the horizon.

In a blaze of glory.

The silent trees.

Cast long shadows.

Over the gently swaying grass.

All of This.

Happening by itself.

Everything.

Watching Life Happening (2016-11-15 06:07)



Watching Life happening.

Is Life happening.

That? (2016-11-16 06:28)



That?

Yes.

Even that.

Is.

Just This.



The tapestry.

Of Life.

Everything.

Woven together.

In this seamless happening.

Happening now.

Nothing left out.

Nothing forgotten.

All included.

All equal.

Already Here (2016-11-18 06:06)



You're already here.

This Is It (2016-11-20 09:42)



Here you are.

As you are.

Being the expression.

That you appear to be.

Doing what you appear to do.

This is it.

This expression of Life.

Now.

Looks Like This (2016-11-20 09:48)



This doesn't look like anything.

In particular.

This looks like This.

This Is Life (2016-11-20 09:55)



This is not your Life.

This is just Life happening.

Just This.

All encompassing.

All inclusive.

Knock, Knock (2016-11-30 08:09)



Knock, knock.

Who's there?

Life happening.

This Very Moment (2016-11-30 08:28)



This very moment.

Including everything.

Happening by itself.

This is it.

Everything Equally (2016-11-30 08:36)



Everything.

Equally.

Life happening.

1.11 December

Divine Expression (2016-12-01 08:29)



This.

All this.

Now.

Is the Divine Expression.

It's This (2016-12-02 06:38)



It's This.

The infinite.

All inclusive.

Automatic.

Choiceless.

Happening of this moment.

And that's it.

Just Life (2016-12-03 13:08)



Just Life.

Just This.

Sunday Lunch (2016-12-04 10:36)



The core of the Sun.

At 15,000,000 degrees.

The oven at 220.

Thoughts of Sunday lunch.

As It Should Be (2016-12-05 07:23)



This happening.

This expression.

Everything as it should be.

This Miracle (2016-12-06 07:50)



You are a divine happening.

You are a miracle.

As you are.

Everything is.

There is only this Miracle.

This.

All This.

As it is.

Right now.

One Light (2016-12-07 06:06)



One Light.

Shining.

In All.

As All.

Through All.

The Highest Truth (2016-12-08 06:44)



The Highest Truth.

Baaaaaaa.

The Infinite (2016-12-09 06:35)



The Infinite.

Coursing through your veins.

Tig! (2016-12-10 15:03)



Tig!

You're It!

What Effort? (2016-12-12 06:02)



What effort.

Does it take.

To feel the cold rain.

On your face?

To hear the birds.

Singing in the morning?

To taste the sweetness of sugar?

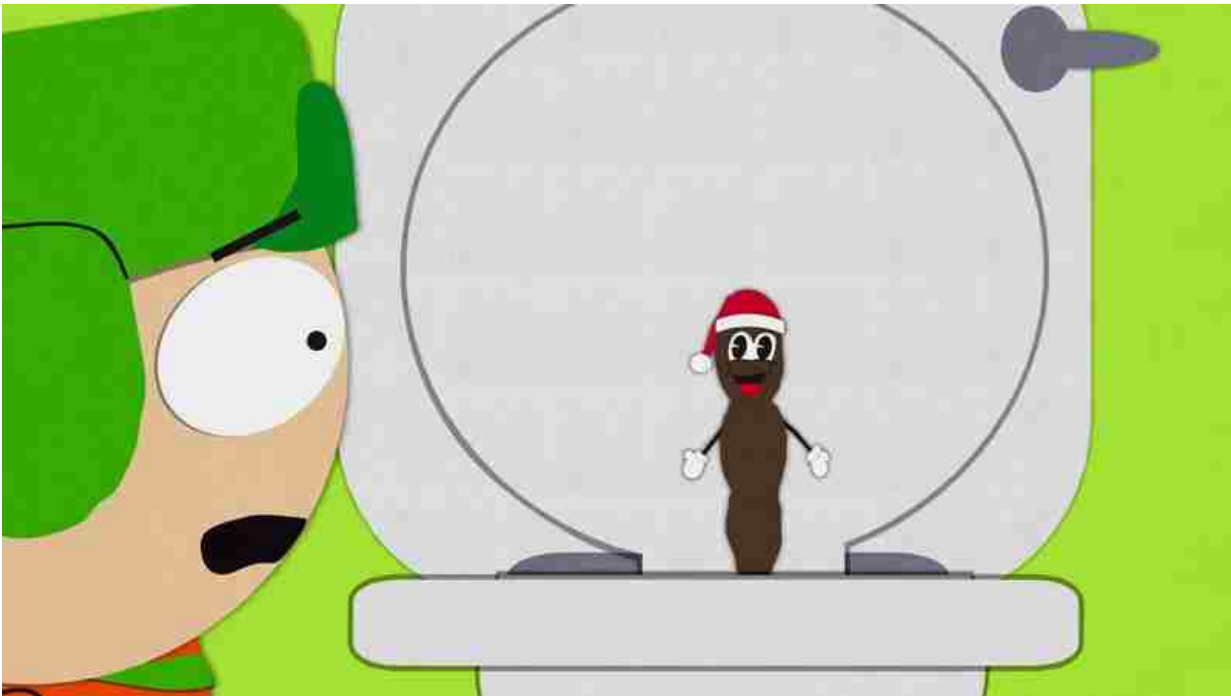
Or the sourness of a lemon?

What effort.

Does it take.

To be what you are?

Shit Happens (2016-12-12 06:13)



Shit happens.

And so do you.

- Mr. Hankey

Everything Happening (2016-12-13 06:07)



Everything.

Happening.

Nothing Ever Fails (2016-12-13 07:39)



Nothing ever fails.

At being.

A perfectly valid.

Expression of Life.

There's Nothing Wrong (2016-12-14 06:39)



There's nothing wrong.

With anything.

Everything is a happening.

Happening by itself.

A Wave.

On this infinite Ocean.

Of Divine Energy.

Whatever's Happening (2016-12-14 07:16)



Whatever's happening.

It's This.

Flowers Bloom (2016-12-15 06:02)



Flowers bloom.

And thoughts of spring.

Happen all by themselves.

Resistance (2016-12-16 07:16)



Resistance.

To what's happening.

Is what's happening.

Simply Being (2016-12-16 11:47)



Everything.

Simply happening.

Everything.

Simply being.

What it is.

Deer And Jellyfish (2016-12-17 11:33)



Deer.

And Jellyfish.

Penguins.

And Tadpoles.

Rhinos.

And Pidgeons.

And Beavers.

And You.

Energy Expressing (2016-12-17 13:56)



Energy expressing.



You are Existence.

And that's really something special.

You are really something special.

It's your Divine Nature.

The Perfection.

Of what you are.

As you are.

Right now.

But that's really nothing special.

Because everything else is Existence too.

All there is, is Existence.

Just This.

All This.

As It is.

Right now.

And This is really something special.

Merry Christmas to one and all.

May all beings be at peace.

Have You Ever? (2016-12-19 09:02)



Have you ever.

Had the experience.

Of making yourself happen?

Mirage (2016-12-19 09:11)



The water.

In this mirage.

Appears very very real.

Sometimes cool, clear and refreshing.

Sometimes filthy, polluted and stinking.

This Is Happening (2016-12-19 09:16)



THIS.

Is.

Happening.

You Get To Be Human (2016-12-20 12:10)



You get to be human.

A happening.

A functioning.

Inseparable from.

This one great functioning.

Sometimes called Life.

Call it what you want.

It's just This.

All This.

Now (2016-12-21 07:05)



Water flows.

Now.

Fire burns.

Now.

You happen.

Now.

Honouring The Waves (2016-12-22 07:53)



The Waves don't have to be denied.

The Waves can be enjoyed.

Appreciated.

Recognised.

And honoured.

As they are.

Their uniqueness.

Their variety.

Their beauty.

While always knowing.

What they are.

What they always have been.

And what they always will be.

Is The Ocean.

Carved In Bone (2016-12-22 08:24)



The infinite wisdom of The Universe.

Carved in your very bones.

What Could Be More Simple? (2016-12-23 05:47)



What could be more simple.

Than the all inclusive Isness.

Of This very Moment?

Grace And Beauty (2016-12-25 06:02)



This spontaneous expression.

Of Grace and Beauty.

All This.

.....

Merry Christmas!



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